## USDA National Nutrient Database for Standard ReferenceRelease 28

**Nutrients: Alanine (g)** 

Food Subset: All Foods Ordered by: Nutrient Content
Measured by: Household
Report Run at: September 18, 2016 05:41 EDT

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05711	Turkey, retail parts, breast, meat only, cooked, roasted	863.0	1.0 breast	15.370
05708	Turkey, retail parts, breast, meat only, with added solution, raw	1171.0	1.0 breast	15.282
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	569.0	1.0 roast (yield from 690g raw meat)	9.013
01136	Egg, white, dried, powder, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.685
05305	Ground turkey, raw	453.6	1.0 lb	5.548
01258	Egg, white, dried, stabilized, glucose reduced	107.0	1.0 cup, sifted	5.485
11667	Seaweed, spirulina, dried	112.0	1.0 cup	5.057
36629	Restaurant, Chinese, orange chicken	648.0	1.0 order	5.022
36617	Restaurant, Chinese, lemon chicken	623.0	1.0 order	4.180
36618	Restaurant, Chinese, general tso's chicken	535.0	1.0 order	4.023
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	235.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	3.882
16108	Soybeans, mature seeds, raw	186.0	1.0 cup	3.562
36619	Restaurant, Chinese, kung pao chicken	604.0	1.0 order	3.461
36621	Restaurant, Chinese, sweet and sour chicken	706.0	1.0 order	3.452
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	176.0	1.0 serving	3.258
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	339.0	1.0 serving	3.180
21115	Fast foods, hamburger, large, triple patty, with condiments	259.0	1.0 sandwich	3.087
36013	Restaurant, family style, sirloin steak	166.0	1.0 serving	2.963
36622	Restaurant, Chinese, sweet and sour pork	609.0	1.0 order	2.935
36608	CRACKER BARREL, grilled sirloin steak	151.0	1.0 steak	2.904
16410	Soybeans, mature seeds, roasted, no salt added	172.0	1.0 cup	2.853
16110	Soybeans, mature seeds, roasted, salted	172.0	1.0 cup	2.853
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.850
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	179.0	1.0 steak	2.837
07969	Kielbasa, fully cooked, pan-fried	370.0	1.0 link	2.831
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.734

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.716
05161	Squab, (pigeon), meat only, raw	251.0	1.0 unit (yield from 1 lb ready-to-cook squab)	2.706
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.686
21101	Fast foods, cheeseburger; triple, regular patty; plain	249.0	1.0 item	2.682
21243	WENDY'S, CLASSIC DOUBLE, with cheese	310.0	1.0 item	2.666
15178	Mollusks, whelk, unspecified, cooked, moist heat	85.0	3.0 oz	2.646
05149	Goose, domesticated, meat only, cooked, roasted	143.0	1.0 unit (yield from 1 lb ready-to-cook goose)	2.624
15225	Fish, yellowtail, mixed species, cooked, dry heat	146.0	0.5 fillet	2.619
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.614
36626	Restaurant, Chinese, chicken and vegetables	693.0	1.0 order	2.592
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	141.0	1.0 steak	2.590
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.584
16119	Soy meal, defatted, raw	122.0	1.0 cup	2.583
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	141.0	1.0 steak	2.579
15119	Fish, tuna, light, canned in oil, drained solids	146.0	1.0 cup, solid or chunks	2.573
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	212.0	1.0 breast, with skin	2.565
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	141.0	1.0 steak	2.562
21255	BURGER KING, DOUBLE WHOPPER, with cheese	399.0	1.0 item	2.554
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.534
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	129.0	1.0 fillet	2.526
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.525
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	148.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.525
05130	Chicken, stewing, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.524
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	140.0	1.0 cup	2.505
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	115.0	1.0 fillet	2.504
36000	APPLEBEE'S, 9 oz house sirloin steak	157.0	1.0 serving	2.503
36032	DENNY'S, spaghetti and meatballs	565.0	1.0 serving	2.486
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	142.0	1.0 chop	2.478
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	150.0	1.0 steak	2.472
21254	BURGER KING, DOUBLE WHOPPER, no cheese	374.0	1.0 item	2.468

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23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	141.0	1.0 steak	2.468
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	147.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.452
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	138.0	1.0 fillet	2.440
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.439
36606	CRACKER BARREL, farm raised catfish platter	178.0	1.0 serving	2.421
05190	Turkey, all classes, back, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.421
05026	Chicken, heart, all classes, cooked, simmered	145.0	1.0 cup, chopped or diced	2.414
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	121.0	1.0 fillet	2.414
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	194.0	1.0 breast, with skin	2.396
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless	2.394
01134	Egg, whole, dried, stabilized, glucose reduced	85.0	1.0 cup, sifted	2.391
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	142.0	1.0 chop	2.388
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	128.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.387
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	150.0	1.0 chop boneless (yield from 189g raw meat)	2.383
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.369
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.363
36059	Restaurant, Italian, chicken parmesan without pasta	301.0	1.0 serving	2.363
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	135.0	1.0 chop	2.361
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.360
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	124.0	1.0 fillet	2.354
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	145.0	1.0 chop	2.348
36023	APPLEBEE'S, chicken tenders platter	209.0	1.0 serving	2.341
16076	Lupins, mature seeds, raw	180.0	1.0 cup	2.333
05012	Chicken, broilers or fryers, meat only, cooked, fried	140.0	1.0 cup, chopped or diced	2.328
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	152.0	1.0 breast without skin	2.327
16117	Soy flour, defatted	105.0	1.0 cup	2.326
05126	Chicken, stewing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.324
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	2.313
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	138.0	1.0 rack	2.307
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	138.0	1.0 rack	2.307
05021	Chicken, broilers or fryers, giblets, cooked, fried	145.0	1.0 cup, chopped or diced	2.301
01133	Egg, whole, dried	85.0	1.0 cup, sifted	2.300

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10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	146.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g)	2.294
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	135.0	1.0 fillet	2.294
16001	Beans, adzuki, mature seeds, raw	197.0	1.0 cup	2.285
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	145.0	1.0 chop	2.266
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	121.0	1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse)	2.263
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	135.0	1.0 chop	2.257
12160	Seeds, cottonseed kernels, roasted (glandless)	149.0	1.0 cup	2.253
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	140.0	1.0 steak (yield from 181 g raw meat)	2.250
16067	Hyacinth beans, mature seeds, raw	210.0	1.0 cup	2.241
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	135.0	1.0 fillet	2.237
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	140.0	1.0 cup	2.236
16083	Mungo beans, mature seeds, raw	207.0	1.0 cup	2.229
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.227
36058	OLIVE GARDEN, chicken parmigiana without pasta	304.0	1.0 serving	2.225
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	135.0	1.0 fillet	2.225
15113	Fish, tilefish, cooked, dry heat	150.0	0.5 fillet	2.222
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	149.0	1.0 cup, drained	2.219
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.213
05013	Chicken, broilers or fryers, meat only, roasted	140.0	1.0 cup, chopped or diced	2.209
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.206
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	140.0	1.0 cup	2.205
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	145.0	1.0 cup	2.195
36603	Restaurant, Chinese, beef and vegetables	574.0	1.0 order	2.187
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	132.0	1.0 breast without skin	2.179
36020	T.G.I. FRIDAY'S, chicken fingers	225.0	1.0 serving	2.176
05303	Poultry, mechanically deboned, from mature hens, raw	227.0	0.5 lb	2.175
16080	Mung beans, mature seeds, raw	207.0	1.0 cup	2.174
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.173
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	140.0	1.0 breast, without skin	2.173
05147	Goose, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	2.170
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.150
36623	Restaurant, Chinese, chicken chow mein	604.0	1.0 order	2.150
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.140
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	227.0	0.5 lb	2.134

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16085	Peas, green, split, mature seeds, raw	197.0	1.0 cup	2.128
16074	Lima beans, thin seeded (baby), mature seeds, raw	202.0	1.0 cup	2.125
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	258.0	1.0 sandwich	2.103
15239	Fish, salmon, coho, farmed, cooked, dry heat	143.0	1.0 fillet	2.102
15034	Fish, haddock, cooked, dry heat	150.0	1.0 fillet	2.100
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.090
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	2.090
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	138.0	1.0 rack	2.087
05014	Chicken, broilers or fryers, meat only, stewed	140.0	1.0 cup, chopped or diced	2.085
15052	Fish, mackerel, spanish, cooked, dry heat	146.0	1.0 fillet	2.083
05142	Duck, domesticated, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.082
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	2.076
05118	Chicken, roasting, light meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	2.072
10153	Pork, cured, ham, whole, separable lean only, roasted	140.0	1.0 cup	2.071
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	114.0	4.0 oz	2.062
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	140.0	1.0 cup	2.062
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	254.0	1.0 sandwich	2.057
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	226.0	1.0 sandwich	2.041
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	112.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.041
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.036
05191	Turkey, all classes, breast, meat and skin, raw	146.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	2.032
05284	Turkey, canned, meat only, with broth	135.0	1.0 cup, drained	2.029
05336	USDA Commodity Chicken, canned, meat only, drained	135.0	1.0 cup drained	2.028
36018	APPLEBEE'S, fish, hand battered	250.0	1.0 serving	2.025
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	2.010
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	114.0	4.0 oz	2.009
36034	Restaurant, family style, chicken tenders	201.0	1.0 serving	2.002
16144	Lentils, pink or red, raw	192.0	1.0 cup	2.001
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	135.0	1.0 cup, diced	1.993
16101	Pigeon peas (red gram), mature seeds, raw	205.0	1.0 cup	1.993
15040	Fish, herring, Atlantic, cooked, dry heat	143.0	1.0 fillet	1.992
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.984
15116	Fish, trout, rainbow, wild, cooked, dry heat	143.0	1.0 fillet	1.983
20067	Sorghum grain	192.0	1.0 cup	1.983
16049	Beans, white, mature seeds, raw	202.0	1.0 cup	1.978
16069	Lentils, raw	192.0	1.0 cup	1.976

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05304	Turkey, mechanically deboned, from turkey frames, raw	227.0	0.5 lb	1.975
17340	Game meat, elk, loin, separable lean only, cooked, broiled	114.0	1.0 steak ( yield from 148.1 g raw meat )	1.972
20031	Millet, raw	200.0	1.0 cup	1.972
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	149.0	1.0 fillet	1.970
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	193.0	1.0 thigh with skin	1.959
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.956
16035	Beans, kidney, royal red, mature seeds, raw	184.0	1.0 cup	1.954
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	140.0	1.0 cup, chopped or diced	1.952
16071	Lima beans, large, mature seeds, raw	178.0	1.0 cup	1.949
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	137.0	1.0 thigh with skin	1.945
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	122.0	1.0 rack	1.945
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	122.0	1.0 rack	1.945
05138	Chicken, capons, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.942
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	145.0	1.0 slice	1.927
15131	Fish, whitefish, mixed species, smoked	136.0	1.0 cup, cooked	1.924
35009	Whale, beluga, meat, dried (Alaska Native)	45.0	1.0 strip	1.921
12014	Seeds, pumpkin and squash seed kernels, dried	129.0	1.0 cup	1.916
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.912
05114	Chicken, roasting, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.911
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	140.0	1.0 cup, chopped or diced	1.910
16045	Beans, small white, mature seeds, raw	215.0	1.0 cup	1.903
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	102.0	1.0 steak ( yield from 134.9 g raw meat )	1.895
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	145.0	1.0 slice	1.895
16135	Winged beans, mature seeds, raw	182.0	1.0 cup	1.893
15215	Fish, shad, american, cooked, dry heat	144.0	1.0 fillet	1.891
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.890
16037	Beans, navy, mature seeds, raw	208.0	1.0 cup	1.889
16019	Beans, cranberry (roman), mature seeds, raw	195.0	1.0 cup	1.882
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.881
16030	Beans, kidney, california red, mature seeds, raw	184.0	1.0 cup	1.880
21111	Fast foods, hamburger; double, regular patty; with condiments	215.0	1.0 item	1.877
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.867
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	119.0	1.0 steak (yield from 1 raw steak weighing 151g)	1.866
21253	BURGER KING, WHOPPER, with cheese	316.0	1.0 item	1.864
36620	Restaurant, Chinese, shrimp and vegetables	601.0	1.0 order	1.863

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10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	135.0	1.0 cup, diced	1.863
36041	Restaurant, Italian, lasagna with meat	457.0	1.0 serving	1.860
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	131.0	1.0 chop	1.856
05116	Chicken, roasting, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.856
17100	Veal, leg (top round), separable lean only, cooked, braised	85.0	3.0 oz	1.856
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.852
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.852
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.852
16133	Yardlong beans, mature seeds, raw	167.0	1.0 cup	1.852
16040	Beans, pink, mature seeds, raw	210.0	1.0 cup	1.844
10152	Pork, cured, ham, whole, separable lean only, unheated	140.0	1.0 cup	1.844
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.842
36615	DENNY'S, top sirloin steak	107.0	1.0 steak	1.841
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.841
15204	Fish, pike, walleye, cooked, dry heat	124.0	1.0 fillet	1.840
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	122.0	1.0 rack	1.836
10898	Pork, pickled pork hocks	117.0	3.0 oz	1.832
15197	Fish, herring, Pacific, cooked, dry heat	144.0	1.0 fillet	1.830
17095	Veal, leg (top round), separable lean and fat, cooked, braised	85.0	3.0 oz	1.828
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.826
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.826
05140	Duck, domesticated, meat and skin, cooked, roasted	140.0	1.0 cup, chopped or diced	1.820
15189	Fish, bluefish, cooked, dry heat	117.0	1.0 fillet	1.818
15005	Fish, bluefish, raw	150.0	1.0 fillet	1.818
16027	Beans, kidney, all types, mature seeds, raw	184.0	1.0 cup	1.818
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.817
16060	Cowpeas, catjang, mature seeds, raw	167.0	1.0 cup	1.817
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.816
05128	Chicken, stewing, giblets, cooked, simmered	145.0	1.0 cup, chopped or diced	1.815
36042	OLIVE GARDEN, lasagna classico	422.0	1.0 serving	1.810
16047	Beans, yellow, mature seeds, raw	196.0	1.0 cup	1.807
17126	Veal, shoulder, arm, separable lean only, cooked, braised	85.0	3.0 oz	1.806
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.805
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	227.0	0.5 lb	1.805
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	211.0	1.0 item	1.798

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	167.0	1.0 cup	1.790
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	122.0	1.0 rack	1.787
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	281.0	1.0 serving varied from 1 to 3 tacos per serving	1.787
12007	Seeds, cottonseed flour, partially defatted (glandless)	94.0	1.0 cup	1.787
05277	Chicken, canned, meat only, with broth	142.0	1.0 can (5 oz)	1.786
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.783
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	85.0	1.0 serving ( 3 oz )	1.779
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.779
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.777
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	114.0	4.0 oz	1.777
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	140.0	1.0 cup, chopped or diced	1.777
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.775
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.774
36033	Restaurant, family style, fish fillet, battered or breaded, fried	226.0	1.0 serving	1.770
15206	Fish, pout, ocean, cooked, dry heat	137.0	0.5 fillet	1.767
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	85.0	3.0 oz	1.766
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.765
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.765
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	200.0	1.0 cup	1.764
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.760
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.759
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.757
16014	Beans, black, mature seeds, raw	194.0	1.0 cup	1.756
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	149.0	1.0 steak (yield from 1 raw steak weighing149g)	1.755
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	149.0	1.0 thigh without skin	1.754
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.754
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.752
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.748
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	138.0	1.0 rack	1.747
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.747
36027	DENNY'S, chicken strips	194.0	1.0 serving	1.746
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.742
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.742

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17114	Veal, rib, separable lean only, cooked, braised	85.0	3.0 oz	1.741
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.741
16032	Beans, kidney, red, mature seeds, raw	184.0	1.0 cup	1.739
35145	Stew, hominy with mutton (Navajo)	411.0	1.0 serving	1.739
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.736
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.736
16111	Soybeans, mature seeds, dry roasted	93.0	1.0 cup	1.734
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.734
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	140.0	1.0 cup	1.730
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	118.0	1.0 cup	1.730
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	118.0	1.0 cup	1.730
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	85.0	3.0 oz	1.727
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.727
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.726
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.725
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.724
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to $1/4$ " fat, cooked, braised	85.0	3.0 oz	1.722
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.722
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.722
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.720
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	116.0	1.0 thigh without skin	1.720
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.719
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	146.0	1.0 chop	1.718
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	129.0	1.0 drumstick with skin	1.718
17138	Veal, sirloin, separable lean only, cooked, braised	85.0	3.0 oz	1.717
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.712
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	111.0	1.0 thigh without skin	1.712
21270	TACO BELL, Taco Salad	533.0	1.0 item	1.711
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.709
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.708
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.708
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.706

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.706
15188	Fish, bass, striped, cooked, dry heat	124.0	1.0 fillet	1.705
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.704
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	85.0	3.0 oz	1.703
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.700
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	85.0	3.0 oz	1.700
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	111.0	1.0 ear (yield after cooking)	1.699
20078	Wheat germ, crude	115.0	1.0 cup	1.699
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.697
17108	Veal, loin, separable lean only, cooked, braised	85.0	3.0 oz	1.697
36043	CARRABBA'S ITALIAN GRILL, lasagne	437.0	1.0 serving	1.696
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.693
17181	Game meat, rabbit, wild, cooked, stewed	85.0	3.0 oz	1.693
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.692
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.692
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	140.0	1.0 cup	1.691
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.688
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.686
16042	Beans, pinto, mature seeds, raw	193.0	1.0 cup	1.683
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.680
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	85.0	3.0 oz	1.677
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.677
16024	Beans, great northern, mature seeds, raw	183.0	1.0 cup	1.676
05663	Ground turkey, fat free, pan-broiled crumbles	85.0	3.0 oz	1.675
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	140.0	1.0 cup	1.674
10185	Pork, cured, ham, extra lean and regular, canned, roasted	140.0	1.0 cup	1.673
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	85.0	3.0 oz	1.669
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.668
35146	Stew, mutton, corn, squash (Navajo)	303.0	1.0 serving	1.666
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.664
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.663
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.662
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.657

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.656
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.656
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.654
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.653
13334	Beef, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.652
17132	Veal, shoulder, blade, separable lean only, cooked, braised	85.0	3.0 oz	1.651
19041	Snacks, pork skins, plain	28.35	1.0 oz	1.647
12084	Nuts, butternuts, dried	120.0	1.0 cup	1.646
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.645
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.644
21245	WENDY'S, Ultimate Chicken Grill Sandwich	225.0	1.0 item	1.642
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	140.0	1.0 cup	1.641
17111	Veal, rib, separable lean and fat, cooked, braised	85.0	3.0 oz	1.640
16016	Beans, black turtle, mature seeds, raw	184.0	1.0 cup	1.639
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	140.0	1.0 cup	1.639
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.638
16392	Peanuts, spanish, oil-roasted, without salt	147.0	1.0 cup	1.636
16092	Peanuts, spanish, oil-roasted, with salt	147.0	1.0 cup	1.636
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.635
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.632
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.632
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	85.0	3.0 oz	1.630
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.627
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.626
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.624
21096	Fast foods, cheeseburger; single, large patty; plain	182.0	1.0 sandwich	1.623
05337	USDA Commodity, Chicken, canned, meat only, with water	135.0	1.0 cup drained	1.621
05338	USDA Commodity, Chicken, canned, meat only, with broth	135.0	1.0 cup drained	1.621
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.621
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.619
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.615

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.615
15224	Fish, wolffish, Atlantic, cooked, dry heat	119.0	0.5 fillet	1.615
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	85.0	3.0 oz	1.612
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.612
15217	Fish, sucker, white, cooked, dry heat	124.0	1.0 fillet	1.612
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.612
17167	Game meat, elk, cooked, roasted	85.0	3.0 oz	1.612
12174	Seeds, watermelon seed kernels, dried	108.0	1.0 cup	1.611
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.608
16052	Broadbeans (fava beans), mature seeds, raw	150.0	1.0 cup	1.605
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	112.0	1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g)	1.605
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.605
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	85.0	3.0 oz	1.605
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.605
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.604
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.603
17165	Game meat, deer, cooked, roasted	85.0	3.0 oz	1.602
05647	Ostrich, inside strip, cooked	85.0	1.0 serving ( 3 oz )	1.601
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.600
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.599
15233	Fish, catfish, channel, wild, cooked, dry heat	143.0	1.0 fillet	1.597
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.596
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	85.0	3.0 oz	1.595
16114	Tempeh	166.0	1.0 cup	1.594
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	85.0	3.0 oz	1.592
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	111.0	1.0 thigh without skin	1.592
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	85.0	3.0 oz	1.591
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.591
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.590
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.588
17332	Game meat, bison, top sirloin, separable lean only, 1" steak, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.588

2382   Red, round, top of round stack, bondess, separable lean only, trimmed to 0° fat, choice, conked, grilled   Sc.   10 unit (yield from 1 lb real) st-cook dust)   1.887   1.988   1.988   1.989   1.988   1.989   1.988   1.989   1.988   1.989   1.988   1.989   1.989   1.988   1.989   1.989   1.989   1.989   1.988   1.989	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
1801   Recf., chuck, cam pot roast, separable lean and fat, trimmed to 18" fat, select, cooked, braised   85.0   3.0 or   1.884	23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.587
13814   Beef, chuck, urm pot roast, separable lean and fat, trimmed to 18" fat, select, cooked, braised   85.0   3.0 oz   1.884     1389   Beef, from (1, or pround steak, separable lean and fat, trimmed to 10" fat, all grades, cooked, broiled   85.0   1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)   1.884     10044   Beef, loin, tenderfoin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   1.0 serving (3 oz )   1.581     13442   Beef, loin, tenderfoin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.581     17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17129   Veal, shoulder, blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.580     13846   Beef, top sirloin, steak, separable lean only, trimmed to 18" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13940   Beef, round, top round, steak, separable lean and fat, trimmed to 18" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13940   Beef, round, top round, steak, separable lean and fat, trimmed to 18" fat, choice, cooked, broiled   85.0   3.0 oz   1.578     13950   Beef, round, top round, steak, separable lean and fat, trimmed to 10" fat, select, cooked, broiled   85.0   3.0 oz   1.577     23370   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, broiled   85.0   3.0 oz   1.577     23480   Beef, fish, back ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.577     23480   Beef, fish, back ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.572     23590   Panus, all types, oil-rossted, with salt   1.0 cup, chopped   1.572     2360   Beef, fish, back ribs, boneless, separable lean on	05141	Duck, domesticated, meat only, raw	137.0	1.0 unit (yield from 1 lb ready-to-cook duck)	1.586
13893   Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled   13.0   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.582   1.3442   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.582   1.3442   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.3454   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.3454   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse, weighing 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with refuse 201g)   1.584   1.0 chop without refuse (Yield from 1 aw chop, with 1.584   1.0 chop without refuse (Yield from 1 aw chop, with 1.584   1.0 chop without refuse (Yield from 1 aw chop, with 1.584   1.0 chop without sets 1.584	23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	85.0	3.0 oz	1.586
10044   Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw   133.0   1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g)   1.582	13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.584
10544   Pork, fresh, ion, center in (chops or roasts), bone-in, separable lean and fat, raw   1530   refuse, weighing 201g   1.88	13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.584
1342   Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.580     17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17342   Game meat, elk, tenderloin, separable lean only, cooked, broiled   92.0   1.0 steak (yield from 123.5 g raw meat)   1.580     13454   Beef, top sirioin, seak, separable lean only, cooked, broiled   85.0   3.0 oz   1.578     13900   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.577     13896   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled   85.0   3.0 oz   1.577     13896   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled   85.0   3.0 oz   1.577     13897   Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.572     13898   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.572     13899   Peanuts, all types, oil-roasted, with salt   144.0   1.0 cup, chopped   1.572     13890   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     13890   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     13810   Beef, top loin peite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised   85.0   1.0 serving (3 oz)   1.572     13810   Beef, top loin peite roast, boneless, separable lean only, trimme	10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	133.0		1.584
17135   Veal, sirloin, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17342   Game meat, elk, tenderloin, separable lean only, crimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.578     13454   Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.577     13333   Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.577     13380   Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.572     16089   Peanuts, all types, oil-roasted, with salt   144.0   1.0 cup, chopped   1.572     16389   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16380   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     15310   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.576     15320   Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   157.0   1.0 cup whole kernels   1.568     12665   Nuts, almonds, oil roasted, without salt added   157.0   1.0 cup whole kernels   1.568     12665   Nuts, almonds, oil roasted, lightly salted   157.0   1.0 cup whole kernels   1.568     1	05645	Ostrich, inside leg, cooked	85.0	1.0 serving ( 3 oz )	1.582
17129   Veal, shoulder, blade, separable lean and fat, cooked, braised   85.0   3.0 oz   1.580     17342   Game meat, elk, tenderloin, separable lean only, cooked, broiled   92.0   1.0 steak (yield from 123.5 g raw meat)   1.580     13454   Beef, top sirloin, steak, separable lean only, trimmed to 0 '' fat, all grades, cooked, broiled   85.0   3.0 oz   1.578     13900   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, elect, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0 '' fat, select, cooked, braised   85.0   3.0 oz   1.578     13970   Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0 '' fat, select, cooked, braised   85.0   3.0 oz   1.577     13880   Beef, rib, back ribs, boneless, separable lean and fat, trimmed to 0 '' fat, select, cooked, grilled   85.0   3.0 oz   1.577     13880   Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0 '' fat, select, cooked, braised   85.0   3.0 oz   1.572     13890   Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0 '' fat, select, cooked, braised   85.0   3.0 oz   1.572     16089   Peanuts, all types, oil-roasted, with salt   144.0   1.0 cup, chopped   1.572     16389   Peanuts, all types, oil-roasted, with salt   144.0   1.0 cup, chopped   1.572     16389   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16380   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16581   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.572     18510   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.572     18510   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   15.0   1.0 cup whole kernels   1.568     18650   Nuts	13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.581
17342   Game meat, clk, tenderfoin, separable lean only, cooked, broiled   92.0   1.0 steak (yield from 123.5 g raw meat )   1.580     13454   Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled   85.0   3.0 oz   1.578     13896   Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.577     13897   Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled   85.0   3.0 oz   1.577     23180   Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.573     23097   Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.573     16089   Peanuts, all types, oil-roasted, with salt   144.0   1.0 cup, chopped   1.572     16389   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16389   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16380   Peanuts, all types, oil-roasted, without salt   144.0   1.0 cup, chopped   1.572     16380   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.572     18310   Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 oz   1.570     18310   Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   15.0   1.0 cup whole kernels   1.568     18310   1.50   1.0 cup whole kernels   1.568     18310   1.50   1.0 cup whole kernels   1.568     18310   1.50   1.0 cup whole kernels	17135	Veal, sirloin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.580
13454       Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled       85.0       3.0 oz       1.578         13900       Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled       85.0       3.0 oz       1.578         13896       Beef, chuck eye Country-Style ribs, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised       85.0       3.0 oz       1.577         23070       Beef, round, eye of round steak, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised       85.0       3.0 oz       1.577         23353       Beef, round, eye of round steak, boncless, separable lean only, trimmed to 0" fat, select, cooked, grilled       85.0       3.0 oz       1.577         23180       Beef, rib, back ribs, bonc-in, separable lean only, trimmed to 0" fat, select, cooked, braised       85.0       3.0 oz       1.573         23097       Beef, chuck, under blade steak, boncless, separable lean only, trimmed to 0" fat, select, cooked, braised       85.0       3.0 oz       1.572         16389       Peanuts, all types, oil-roasted, without salt       144.0       1.0 cup, chopped       1.572         16389       Peanuts, all types, oil-roasted, without salt       144.0       1.0 cup, chopped       1.572         23250       Beef, top loin petite roast, boncless, separable lean only, trimmed to 1/8" fat, all grades, cooked	17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.580
13900   Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled   85.0   3.0 oz   1.578	17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	92.0	1.0 steak ( yield from 123.5 g raw meat )	1.580
13896         Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled         85.0         3.0 oz         1.578           23070         Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised         85.0         3.0 oz         1.577           23353         Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled         85.0         3.0 oz         1.577           23180         Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised         85.0         3.0 oz         1.573           23097         Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised         85.0         3.0 oz         1.572           16389         Peanuts, all types, oil-roasted, with salt         144.0         1.0 cup, chopped         1.572           16389         Peanuts, all types, oil-roasted, without salt         144.0         1.0 serving (3 oz)         1.572           16389         Peanuts, all types, oil-roasted, without salt         85.0         3.0 oz         1.572           16389         Peanuts, all types, oil-roasted, without salt         144.0         1.0 serving (3 oz)         1.572           16389         Deart, oyster, cooked         85.0         3.0 oz         1.572	13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.578
Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled  Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 1.572  Beef, top loin petite roast, boneless, separable lean only, trimmed to 1.572  Beef, top loin petite roast, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, roasted  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, braised  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, braised  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1.8" fat, all grades, cooked, braised  Beef, chuck, almonds, oil roasted, without salt added  Beef, chuck, almonds, oil roasted, without salt added  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, braised  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, braised  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, braised  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1.8" fat, all grades, cooked, braised  Beef, loin, top sirloin cap steak, bonel	13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.578
23070   braised   85.0   3.0 oz   1.577	13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.578
grilled  23180 Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised  23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  23097 Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  23250 Peanuts, all types, oil-roasted, without salt  23250 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted  23250 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  23260 Nuts, almonds, oil roasted, with salt added  23260 Nuts, almonds, oil roasted, without salt added  23260 Nuts, almonds, oil roasted, without salt added  23260 Nuts, almonds, oil roasted, without salt added  23260 Nuts, almonds, oil roasted, lightly salted  23261 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grades  23261 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grades  23261 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	23070		85.0	3.0 oz	1.577
Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised  Peanuts, all types, oil-roasted, with salt  144.0  1.0 cup, chopped  1.572  16389 Peanuts, all types, oil-roasted, without salt  144.0  1.0 cup, 1.572  16389 Peanuts, all types, oil-roasted, without salt  144.0  1.0 cup, 1.572  1.573  1.574  1.575  1.575  1.575  1.575  1.575  1.576  1.576  1.576  1.576  1.576  1.576  1.576  1.576  1.577  1.578  1.578  1.578  1.578  1.579  1.579  1.579  1.579  1.570  1.5	23353		85.0	3.0 oz	1.577
Peanuts, all types, oil-roasted, with salt  144.0  1.0 cup, chopped  1.572  16389 Peanuts, all types, oil-roasted, without salt  144.0  1.0 cup, chopped  1.572  1552  Ostrich, oyster, cooked  10 serving (3 oz)  1.572  23250 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  1.0 serving (3 oz)  1.572  13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  85.0  3.0 oz  1.570  12565 Nuts, almonds, oil roasted, with salt added  157.0  1.0 cup whole kernels  1.568  12665 Nuts, almonds, oil roasted, without salt added  157.0  1.0 cup whole kernels  1.568  23241 Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  85.0  3.0 oz  1.572	23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.573
Peanuts, all types, oil-roasted, without salt  144.0  1.0 cup, 05652 Ostrich, oyster, cooked  85.0  1.0 serving (3 oz) 1.572  23250 Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted 85.0  3.0 oz  1.572  13810 Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised 85.0  3.0 oz  1.570  1.570  Nuts, almonds, oil roasted, with salt added 157.0  1.0 cup whole kernels 1.568  12065 Nuts, almonds, oil roasted, without salt added 157.0  1.0 cup whole kernels 1.568  12665 Nuts, almonds, oil roasted, lightly salted 157.0  1.0 cup whole kernels 1.568  23241  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled 85.0  3.0 oz  1.572	23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.572
Ostrich, oyster, cooked  Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  St.0  3.0 oz  1.572  13810  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  St.0  1.5 cup whole kernels  1.568  12065  Nuts, almonds, oil roasted, without salt added  157.0  1.0 cup whole kernels  1.568  12665  Nuts, almonds, oil roasted, lightly salted  157.0  1.0 cup whole kernels  1.568  23241  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	16089	Peanuts, all types, oil-roasted, with salt	144.0	1.0 cup, chopped	1.572
Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  St.0  1.570  1.570  1.568  1.0 cup whole kernels  1.568  1.0 cup whole kernels  1.568  1.568  1.0 cup whole kernels  1.568  1.568  1.568  1.568  1.568  1.568  1.568  1.568	16389	Peanuts, all types, oil-roasted, without salt	144.0	1.0 cup,	1.572
Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised  85.0  1.570  1.570  1.568  Nuts, almonds, oil roasted, with salt added  1.568  Nuts, almonds, oil roasted, without salt added  1.568  Nuts, almonds, oil roasted, without salt added  1.568  Nuts, almonds, oil roasted, lightly salted  1.568  1.568  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  85.0  3.0 oz  1.570  1.568  1.568	05652	Ostrich, oyster, cooked	85.0	1.0 serving ( 3 oz )	1.572
Nuts, almonds, oil roasted, with salt added  157.0  1.0 cup whole kernels  1.568  Nuts, almonds, oil roasted, without salt added  157.0  1.0 cup whole kernels  1.568  Nuts, almonds, oil roasted, lightly salted  157.0  1.0 cup whole kernels  1.568  157.0  1.0 cup whole kernels  1.568  1.568  23241  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  3.0 oz  1.567	23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.572
Nuts, almonds, oil roasted, without salt added  157.0  1.0 cup whole kernels  1.568  Nuts, almonds, oil roasted, lightly salted  157.0  1.0 cup whole kernels  1.568  23241  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  3.0 oz  1.567	13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.570
Nuts, almonds, oil roasted, lightly salted  157.0  1.0 cup whole kernels  1.568  Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  3.0 oz  1.567	12565	Nuts, almonds, oil roasted, with salt added	157.0	1.0 cup whole kernels	1.568
Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled  85.0  3.0 oz	12065	Nuts, almonds, oil roasted, without salt added	157.0	1.0 cup whole kernels	1.568
23241 grilled 85.0 3.0 oz 1.56/	12665	Nuts, almonds, oil roasted, lightly salted	157.0	1.0 cup whole kernels	1.568
Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned 85.0 3.0 oz 1.567	23241		85.0	3.0 oz	1.567
	23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.567
Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled 85.0 3.0 oz	23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.567
Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled  85.0  3.0 oz  1.567	13447		85.0	3.0 oz	1.567
Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled 85.0 3.0 oz	13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.566

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.565
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.565
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.563
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.562
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.562
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.561
05642	Ostrich, ground, cooked, pan-broiled	93.0	1.0 patty	1.561
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.559
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	85.0	3.0 oz	1.558
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.558
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	107.0	1.0 chop	1.558
36024	CRACKER BARREL, chicken tenderloin platter, fried	175.0	1.0 serving	1.558
05650	Ostrich, outside strip, cooked	85.0	1.0 serving ( 3 oz )	1.557
23477	Beef, ground, 97% lean meat / 3% fat, raw	113.0	4.0 oz	1.557
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.556
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.555
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.554
05656	Ostrich, tip trimmed, cooked	85.0	1.0 serving ( 3 oz )	1.554
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.552
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.552
19408	Snacks, pork skins, barbecue-flavor	28.35	1.0 oz	1.551
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.551
05318	Duck, young duckling, domesticated, White Pekin, leg, meat only, bone in, cooked without skin, braised	85.0	3.0 oz	1.551
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	114.0	4.0 oz	1.550
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.549
16094	Peanuts, valencia, oil-roasted, with salt	144.0	1.0 cup	1.548
16394	Peanuts, valencia, oil-roasted, without salt	144.0	1.0 cup	1.548
13490	Beef, rib, eye, small end (ribs 10-12) separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.547
05713	Turkey, retail parts, wing, meat only, cooked, roasted	85.0	3.0 oz	1.547
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.547

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.546
16106	Meat extender	88.0	1.0 cup	1.544
05317	Duck, young duckling, domesticated, White Pekin, leg, meat and skin, bone in, cooked, roasted	92.0	1.0 leg, bone removed (yield after cooking)	1.544
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.543
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.543
20001	Amaranth grain, uncooked	193.0	1.0 cup	1.542
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.540
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.539
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.539
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	85.0	3.0 oz	1.538
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	101.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.538
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.538
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	85.0	3.0 oz	1.538
17194	Veal, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.537
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.537
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.535
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.535
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.534
05664	Ground turkey, fat free, patties, broiled	85.0	1.0 patty	1.534
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.534
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.534
15230	Mollusks, octopus, common, cooked, moist heat	85.0	3.0 oz	1.533
05658	Ostrich, top loin, cooked	85.0	1.0 serving ( 3 oz )	1.533
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.533
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.533
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.532
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.530
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	85.0	3.0 oz	1.527
17105	Veal, loin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.526
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.526
20647	Millet flour	119.0	1.0 cup	1.526

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	537.0	1.0 serving	1.525
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.524
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	218.0	1.0 item	1.524
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	140.0	1.0 cup	1.523
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.522
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	113.0	4.0 oz	1.521
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.521
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.520
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.520
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.520
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.519
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.519
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.519
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.519
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.518
16091	Peanuts, spanish, raw	146.0	1.0 cup	1.517
23557	Beef, ground, 95% lean meat / 5% fat, raw	113.0	4.0 oz	1.516
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.516
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	85.0	3.0 oz	1.516
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.515
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.514
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	110.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.514
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	85.0	3.0 oz	1.513
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.511
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.511
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	130.0	1.0 drumstick with skin	1.511
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.510
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	85.0	3.0 oz	1.510
07071	Salami, dry or hard, pork	113.0	1.0 package (4 oz)	1.510
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.510
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.510
12041	Seeds, sunflower seed flour, partially defatted	64.0	1.0 cup	1.509
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	85.0	3.0 oz	1.509

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	140.0	1.0 cup	1.508
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.507
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.507
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.507
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.506
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.506
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	85.0	3.0 oz	1.506
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.506
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.504
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.504
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.504
17427	Veal, loin, chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.504
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	85.0	3.0 oz	1.504
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.503
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	85.0	3.0 oz	1.502
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	85.0	3.0 oz	1.500
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.500
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	143.0	1.0 drumstick with skin	1.500
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.499
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.499
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.499
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	85.0	3.0 oz	1.499
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.499
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.498
15183	Fish, tuna, light, canned in oil, without salt, drained solids	85.0	3.0 oz	1.498
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.497
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.496
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.496

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.496
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	107.0	1.0 chop	1.496
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.495
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.495
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.495
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	230.0	1.0 item	1.495
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	85.0	3.0 oz	1.494
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.494
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.493
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.493
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	130.0	1.0 thigh with skin	1.492
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	138.0	1.0 thigh with skin	1.490
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	85.0	3.0 oz	1.490
11450	Soybeans, green, raw	256.0	1.0 cup	1.490
15235	Fish, catfish, channel, farmed, cooked, dry heat	143.0	1.0 fillet	1.489
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	215.0	1.0 sandwich	1.488
21252	BURGER KING, WHOPPER, no cheese	291.0	1.0 item	1.487
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	236.0	1.0 item	1.487
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.487
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.487
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	228.0	1.0 sandwich	1.487
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	152.0	1.0 thigh, with skin	1.487
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	105.0	1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken)	1.486
12201	Seeds, sesame seed kernels, dried (decorticated)	150.0	1.0 cup	1.485
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	247.0	1.0 item	1.484
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.484
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.483
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.482
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.482
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.481

1361   Secf. composite of trimmed read cars, separable lean and far, trimmed to 0° far, dal gardes, conked   55.0   3.0 cm   1.480	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10137   Pork, cured, ham, extra lean (approximately 4% fat), canned, unbeated   1410   130 cm   1478   17251   lamb, domesic, shoulder, Balles, separable lear and fat, frimmed to 18" fat, choice, cooked, braised   88.60   3.0 or 1.478   1476   1472   1	13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	85.0	3.0 oz	1.480
1925   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 18" fat, choice, cooked, braised   85.0   3.0 oz   1.478	10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.480
23160   Recf. rib cyc roast, boncless, lip-on, separable lean only, trimmed to 18" fat, choice, cooked, roasted   85.0   3.0 oz   1.477   1.478   1.479   1.	10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	140.0	1.0 cup	1.478
28472   Reef, ground, 93% lean meat / 786 fat, raw	17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.478
2309 bill only, raw onl	23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.477
1995	23472	Beef, ground, 93% lean meat / 7% fat, raw	113.0	4.0 oz	1.477
13933   Bedf. top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried   85.0   3.0 oz   1.474     13362   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked   85.0   3.0 oz   1.474     1113   Fast foods, hamburger; single, large patty, with condiments and vegetables   218.0   1.0 sandwich     1.472   1.474   1.0 veal, foreshank, osso buco, separable lean only, cooked, braised   85.0   3.0 oz   1.472     1.472   23497   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw   114.0   4.0 oz   1.472     1.53166   Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled   85.0   3.0 oz   1.471     1.53182   Beef, rib, back ribs, bone-in, separable lean only, cooked, braised   85.0   3.0 oz   1.471     1.53182   Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised   85.0   3.0 oz   1.471     1.53182   Beef, rib, back ribs, bone-in, separable lean only, cooked, braised   85.0   3.0 oz   1.470     1.53182   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     1.53184   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     1.53197   Crustaceans, crab, alaska king, cooked, moist heat   1.400   1.0 leg   1.470     1.53197   Crustaceans, crab, alaska king, cooked, moist heat   1.400   1.0 serving   1.467     1.7324   Game meat, elk, round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.468     1.7324   Game meat, elk, round, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   1.0 serving (3 oz )   1.467     1.7324   Game meat, elk, round, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.468     1.5324   Beef, loin, tenderloin roast, boneless, separable	23309		114.0	4.0 oz	1.476
13362   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0° fat, choice, cooked   85.0   1.0 sandwich   1.474   1.	23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.476
Past foods, hamburger; single, large patty; with condiments and vegetables   2180   1.0 sandwich   1.474   1742   Veal, foreshank, osso buce, separable lean only, cooked, braised   85.0   3.0 oz   1.472	13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	85.0	3.0 oz	1.475
17429   Veal, foreshank, osso buco, separable lean only, cooked, braised   85.0   3.0 oz   1.472     23497   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw   114.0   4.0 oz   1.472     25316   Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled   85.0   3.0 oz   1.471     10041   Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised   85.0   3.0 oz   1.471     10041   Pork, fresh, loin, center loin (chops), bone-in, separable lean only, croked, braised   85.0   3.0 oz   1.471     16066   Peanuts, virginia, oil-roasted, with salt   143.0   1.0 cup   1.470     16396   Peanuts, virginia, oil-roasted, without salt   143.0   1.0 cup   1.470     13440   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     13412   Beef, New Zealand, imported, flat, separable lean only, cooked, braised   85.0   3.0 oz   1.470     13413   Denvir of the meat / 3% fat, loaf, cooked, baked   85.0   3.0 oz   1.466     1340   DENNYYS, fish fillet, battered or breaded, fried   201.0   1.0 serving   3.0 oz   1.467     17341   Game meat, els, round, separable lean only, cooked, broiled   85.0   3.0 oz   1.466     17036   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.466     1340   Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted   85.0   3.0 oz   1.466     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   1.0 cup   1.466     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   3.0 oz   1.466     15148   Crustaceans, lobster, northern, cooked, moist heat   1460   1470   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460   1460	13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	85.0	3.0 oz	1.474
23497   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw   114.0   3.0 oz   1.472	21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	218.0	1.0 sandwich	1.474
Duck, young duckling, domesticated, White Pekin, breast, meat only, boneless, cooked without skin, broiled   3.0 oz   1.471	17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	85.0	3.0 oz	1.472
broiled broile	23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	114.0	4.0 oz	1.472
Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised   85.0   3.0 oz   1.471     16096   Peanuts, virginia, oil-roasted, with salt   143.0   1.0 cup   1.470     16396   Peanuts, virginia, oil-roasted, without salt   143.0   1.0 cup   1.470     13440   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     23412   Beef, New Zealand, imported, flat, separable lean only, cooked, braised   85.0   3.0 oz   1.470     15137   Crustaceans, crab, alaska king, cooked, moist heat   134.0   1.0 leg   1.469     23480   Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked   85.0   3.0 oz   1.468     23480   DENNYS, fish fillet, battered or breaded, fried   201.0   1.0 serving   1.467     17341   Game meat, clk, round, separable lean only, cooked, broiled   85.0   1.0 serving (3 oz )   1.467     17036   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.466     23318   Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.466     23347   Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.466     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   1.0 cup   1.464     16740   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.463     16870   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.463     16870   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.463     16870   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz	05316		85.0	3.0 oz	1.471
16096         Peanuts, virginia, oil-roasted, with salt         143.0         1.0 cup         1.470           16396         Peanuts, virginia, oil-roasted, without salt         143.0         1.0 cup         1.470           13440         Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled         85.0         3.0 oz         1.470           23412         Beef, New Zealand, imported, flat, separable lean only, cooked, braised         85.0         3.0 oz         1.470           15137         Crustaceans, crab, alaska king, cooked, moist heat         134.0         1.0 leg         1.469           23480         Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked         85.0         3.0 oz         1.468           36029         DENNY'S, fish fillet, battered or breaded, fried         201.0         1.0 serving (3 oz)         1.467           17341         Game meat, elk, round, separable lean only, cooked, broiled         85.0         3.0 oz         1.467           17036         Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised         85.0         3.0 oz         1.466           23318         Beef, Loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         1.466           23347	10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.471
16396   Peanuts, virginia, oil-roasted, without salt   143.0   1.0 cup   1.470     13440   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     23412   Beef, New Zealand, imported, flat, separable lean only, cooked, braised   85.0   3.0 oz   1.470     15137   Crustaceans, crab, alaska king, cooked, moist heat   134.0   1.0 leg   1.469     23480   Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked   85.0   3.0 oz   1.468     36029   DENNY'S, fish fillet, battered or breaded, fried   201.0   1.0 serving   1.467     17341   Game meat, elk, round, separable lean only, cooked, broiled   85.0   1.0 serving   3 oz   1.466     17036   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.466     23318   Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, trimmed to 1/4" fat, choice, fat, raw   4.0 oz   1.466     23347   Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.465     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   1.0 cup   1.464     05749   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.466     13878   Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.462     13416   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.463     13416   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, s	23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.471
13440   Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled   85.0   3.0 oz   1.470     23412   Beef, New Zealand, imported, flat, separable lean only, cooked, braised   85.0   3.0 oz   1.470     15137   Crustaceans, crab, alaska king, cooked, moist heat   134.0   1.0 leg   1.469     23480   Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked   85.0   3.0 oz   1.468     36029   DENNY'S, fish fillet, battered or breaded, fried   201.0   1.0 serving   1.467     17341   Game meat, elk, round, separable lean only, cooked, broiled   85.0   1.0 serving (3 oz)   1.467     17036   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.466     23318   Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw   114.0   4.0 oz   1.466     23347   Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.465     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   1.0 cup   1.464     05749   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.466     13878   Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.462     13878   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.462     13878   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.462     13878   Beef, round, bottom round roast, separable lean on	16096	Peanuts, virginia, oil-roasted, with salt	143.0	1.0 cup	1.470
23412   Beef, New Zealand, imported, flat, separable lean only, cooked, braised   85.0   3.0 oz   1.470     15137   Crustaceans, crab, alaska king, cooked, moist heat   134.0   1.0 leg   1.469     23480   Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked   85.0   3.0 oz   1.468     36029   DENNY'S, fish fillet, battered or breaded, fried   201.0   1.0 serving   1.467     17341   Game meat, elk, round, separable lean only, cooked, broiled   85.0   1.0 serving (3 oz )   1.467     17036   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised   85.0   3.0 oz   1.466     23318   Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw   114.0   4.0 oz   1.465     23347   Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.465     15148   Crustaceans, lobster, northern, cooked, moist heat   145.0   1.0 cup   1.464     05749   Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled   85.0   3.0 oz   1.465     13878   Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.463     13414   Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.462     13416   13416   13616   13	16396	Peanuts, virginia, oil-roasted, without salt	143.0	1.0 cup	1.470
15137         Crustaceans, crab, alaska king, cooked, moist heat         134.0         1.0 leg         1.469           23480         Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked         85.0         3.0 oz         1.468           36029         DENNY'S, fish fillet, battered or breaded, fried         201.0         1.0 serving         1.467           17341         Game meat, elk, round, separable lean only, cooked, broiled         85.0         1.0 serving (3 oz)         1.467           17036         Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised         85.0         3.0 oz         1.466           23318         Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         1.466           23347         Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted         85.0         3.0 oz         1.465           15148         Crustaceans, lobster, northern, cooked, moist heat         145.0         1.0 cup         1.464           05749         Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled         85.0         3.0 oz         1.463           13878         Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8"	13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.470
Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked  85.0  DENNY'S, fish fillet, battered or breaded, fried  201.0  1.0 serving  1.467  17341  Game meat, elk, round, separable lean only, cooked, broiled  Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw  Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  Crustaceans, lobster, northern, cooked, moist heat  Crustaceans, lobster, northern, cooked, moist heat  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  1.466  1.0 serving (3 oz)  1.466  2.318  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.465  1.0 cup  1.464  1.0 cup  1.465  1.0 cup  1.466	23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	85.0	3.0 oz	1.470
DENNY'S, fish fillet, battered or breaded, fried 201.0 1.0 serving 1.467  Game meat, elk, round, separable lean only, cooked, broiled 85.0 1.0 serving (3 oz) 1.467  Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised 85.0 3.0 oz 1.466  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw 114.0 4.0 oz 1.466  Casara Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz 1.465  Crustaceans, lobster, northern, cooked, moist heat 145.0 1.0 cup 1.464  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled 85.0 3.0 oz 1.463  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted 85.0 3.0 oz 1.463  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz 1.463	15137	Crustaceans, crab, alaska king, cooked, moist heat	134.0	1.0 leg	1.469
17341 Game meat, elk, round, separable lean only, cooked, broiled  Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw  114.0  Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  Storegate and Store	23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	85.0	3.0 oz	1.468
Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw  114.0  Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  Scrustaceans, lobster, northern, cooked, moist heat  145.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  Seef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.466	36029	DENNY'S, fish fillet, battered or breaded, fried	201.0	1.0 serving	1.467
Cooked, braised  Beef, Australian, imported, grass-fed, round, top round cap-off steak/roast, boneless, separable lean and fat, raw  Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  Crustaceans, lobster, northern, cooked, moist heat  Crustaceans, lobster, northern, cooked, moist heat  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.465  1.466	17341	Game meat, elk, round, separable lean only, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.467
fat, raw  Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.465  Crustaceans, lobster, northern, cooked, moist heat  145.0  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  85.0  3.0 oz  1.464  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  85.0  3.0 oz  1.464  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  1.463  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.462	17036		85.0	3.0 oz	1.466
Crustaceans, lobster, northern, cooked, moist heat  1.0 cup  1.464  Crustaceans, lobster, northern, cooked, moist heat  1.0 cup  1.464  Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  85.0  3.0 oz  1.463  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  1.463  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.462	23318		114.0	4.0 oz	1.466
Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled  85.0  3.0 oz  1.464  13878  Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  1.463  13414  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.462	23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.465
Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted  85.0  3.0 oz  1.463  Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted  85.0  3.0 oz  1.462	15148	Crustaceans, lobster, northern, cooked, moist heat	145.0	1.0 cup	1.464
Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted 85.0 3.0 oz 1.462	05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	85.0	3.0 oz	1.464
	13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.463
16095 Peanuts, virginia, raw 146.0 1.0 cup 1.461	13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.462
	16095	Peanuts, virginia, raw	146.0	1.0 cup	1.461

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	85.0	3.0 oz	1.461
12062	Nuts, almonds, blanched	145.0	1.0 cup whole kernels	1.460
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	85.0	3.0 oz	1.459
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.459
17145	Game meat, antelope, cooked, roasted	85.0	3.0 oz	1.459
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.459
05219	Turkey, breast, from whole bird, meat only, raw	114.0	4.0 oz	1.458
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	114.0	4.0 oz	1.458
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.458
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	85.0	3.0 oz	1.458
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.456
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.456
16093	Peanuts, valencia, raw	146.0	1.0 cup	1.456
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	133.0	1.0 drumstick with skin	1.455
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.454
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	135.0	1.0 thigh, with skin	1.454
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.454
17215	Lamb, variety meats and by-products, spleen, cooked, braised	85.0	3.0 oz	1.454
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.454
15152	Crustaceans, shrimp, mixed species, canned	128.0	1.0 cup	1.453
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	128.0	1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g)	1.453
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	85.0	3.0 oz	1.453
16022	Beans, french, mature seeds, raw	184.0	1.0 cup	1.452
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.451
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.451
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	85.0	3.0 oz	1.450
36056	Restaurant, Mexican, cheese tamales	302.0	1.0 serving serving size varied from 1 to 3 tamales	1.450
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.449
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.449
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	92.0	1.0 piece	1.448
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.448
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.448

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.447
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.447
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.447
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.447
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.445
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.444
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.444
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.443
15092	Fish, sea bass, mixed species, cooked, dry heat	101.0	1.0 fillet	1.443
23306	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.443
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.442
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.442
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	85.0	3.0 oz	1.442
20142	Teff, uncooked	193.0	1.0 cup	1.442
17148	Bison, ground, grass-fed, cooked	85.0	3.0 oz	1.442
15264	Salmon, sockeye, canned, drained solids, without skin and bones	85.0	3.0 oz	1.442
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	143.0	1.0 drumstick with skin	1.441
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.441
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.441
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.440
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.440
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	85.0	3.0 oz	1.439
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.439
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.439
15091	Fish, sea bass, mixed species, raw	129.0	1.0 fillet	1.438
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.438
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	85.0	3.0 oz	1.438
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.437
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.437
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.437
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.436

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10184	Pork, cured, ham, extra lean and regular, canned, unheated	140.0	1.0 cup	1.436
23303	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.436
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.436
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	85.0	3.0 oz	1.436
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	85.0	3.0 oz	1.435
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.435
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	85.0	3.0 oz	1.434
17173	Game meat, moose, cooked, roasted	85.0	3.0 oz	1.433
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.432
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.432
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.432
17344	Game meat, deer, ground, cooked, pan-broiled	93.0	1.0 patty	1.432
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.431
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.430
12061	Nuts, almonds	143.0	1.0 cup, whole	1.429
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.428
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.428
17203	Veal, variety meats and by-products, liver, cooked, braised	80.0	1.0 slice	1.427
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.426
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.426
23315	Beef, Australian, imported, grass-fed, loin, top sirloin cap-off steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.426
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.425
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.424
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.424
17159	Game meat, boar, wild, cooked, roasted	85.0	3.0 oz	1.424
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.424
05136	Chicken, capons, meat and skin, cooked, roasted	85.0	3.0 oz	1.423
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.423
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.423
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	102.0	1.0 back	1.423

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.422
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.422
10150	Pork, cured, ham, whole, separable lean and fat, unheated	140.0	1.0 cup	1.420
17103	Veal, leg (top round), separable lean only, cooked, roasted	85.0	3.0 oz	1.420
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.419
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	85.0	1.0 serving	1.419
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.418
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.418
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	85.0	3.0 oz	1.418
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.418
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.417
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.417
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.417
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.416
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.416
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	85.0	3.0 oz	1.416
23562	Beef, ground, 90% lean meat / 10% fat, raw	113.0	4.0 oz	1.416
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	85.0	3.0 oz	1.415
15261	Fish, tilapia, raw	116.0	1.0 fillet	1.415
23307	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean only, raw	114.0	4.0 oz	1.415
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.414
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	85.0	3.0 oz	1.414
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.414
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	85.0	3.0 oz	1.414
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.414
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.414
05641	Ostrich, ground, raw	109.0	1.0 patty	1.414
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.414
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.413
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	85.0	3.0 oz	1.413
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	85.0	3.0 oz	1.413
17339	Game meat, elk, ground, cooked, pan-broiled	95.0	1.0 patty ( yield from 104.1 g raw meat )	1.413

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.412
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.412
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.412
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.412
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.411
23308	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.410
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.410
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.410
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.409
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.409
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	85.0	3.0 oz	1.409
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.408
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.408
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	85.0	1.0 serving	1.408
15082	Fish, salmon, coho, wild, cooked, moist heat	85.0	3.0 oz	1.407
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.407
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.407
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.407
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.407
01135	Egg, white, dried, flakes, stabilized, glucose reduced	28.35	1.0 oz	1.406
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.406
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.405
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	85.0	3.0 oz	1.405
10973	Pork, ground, 96% lean / 4% fat, raw	113.0	4.0 oz	1.405
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.404
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.404
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.404
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.403
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.402
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	85.0	3.0 oz	1.402
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.402
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.402

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15022	Fish, cusk, raw	122.0	1.0 fillet	1.402
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz ( 1 serving )	1.402
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.402
15086	Fish, salmon, sockeye, cooked, dry heat	85.0	3.0 oz	1.402
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.402
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.401
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.401
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	85.0	3.0 oz	1.401
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	85.0	3.0 oz	1.401
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.400
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.400
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	85.0	3.0 oz	1.399
05306	Ground turkey, cooked	82.0	1.0 patty (4 oz, raw) (yield after cooking)	1.399
15193	Fish, cusk, cooked, dry heat	95.0	1.0 fillet	1.398
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	237.0	6.0 inch sub	1.398
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	237.0	6.0 inch sub	1.398
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.398
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.398
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	85.0	3.0 oz	1.397
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.397
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	114.0	4.0 oz	1.396
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	114.0	4.0 oz	1.396
16113	Natto	175.0	1.0 cup	1.396
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.396
15056	Fish, mullet, striped, cooked, dry heat	93.0	1.0 fillet	1.395
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	85.0	3.0 oz	1.395
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.393
16116	Soy flour, full-fat, roasted	85.0	1.0 cup, stirred	1.393
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	96.0	1.0 drumstick without skin	1.393
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	85.0	3.0 oz	1.392
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.391
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.391
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.391
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.390

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.390
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	85.0	3.0 oz	1.389
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.389
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.389
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.388
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.387
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	85.0	3.0 oz	1.387
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.386
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g)	1.386
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.386
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.385
05186	Turkey, all classes, light meat, cooked, roasted	85.0	1.0 serving	1.385
05228	Turkey, wing, from whole bird, meat only, roasted	85.0	3.0 oz	1.385
05739	Turkey, drumstick, from whole bird, meat only, roasted	85.0	3.0 oz	1.385
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.385
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	85.0	3.0 oz	1.385
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.385
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	85.0	1.0 serving	1.385
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.385
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.384
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.384
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	106.0	1.0 drumstick with skin	1.383
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.383
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.383
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.383
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.383
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.383
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.382
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to $0$ " fat, all grades, cooked, roasted	85.0	1.0 serving	1.382

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	85.0	3.0 oz	1.382
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	91.0	1.0 drumstick without skin	1.381
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	85.0	3.0 oz	1.381
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.381
05170	Turkey, skin from whole (light and dark), roasted	85.0	1.0 serving	1.380
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.380
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	85.0	3.0 oz	1.380
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.380
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.380
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.379
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	114.0	4.0 oz	1.379
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	85.0	3.0 oz	1.379
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.379
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.379
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz ( 1 serving )	1.378
17331	Game meat, bison, ground, cooked, pan-broiled	87.0	1.0 patty ( yield from 112.7 g raw meat )	1.377
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	85.0	3.0 oz	1.377
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.377
21092	Fast foods, cheeseburger; double, regular patty; plain	149.0	1.0 item	1.377
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	85.0	3.0 oz	1.376
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.375
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.375
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	85.0	3.0 oz	1.375
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.374
17151	Game meat, beaver, cooked, roasted	85.0	3.0 oz	1.374
20038	Oats	156.0	1.0 cup	1.374
16390	Peanuts, all types, dry-roasted, without salt	146.0	1.0 cup	1.374
23317	Beef, Australian, imported, grass-fed, round, bottom round steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.374
23294	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean only, raw	114.0	4.0 oz	1.374
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.374

1971   Game meat, horse, cooked, rotated   85.0   3.0 og   1.374     1396   Beef, fib., eye, small end (iths 10-12), separable lean and fat, trimmed to U' fat, choice, cooked, braised   85.0   3.0 og   1.374     1397   Porfs, fresh, hois, center loin (chops), bone-in, separable lean and fat, cooked, braised   85.0   3.0 og   1.374     1037   Porfs, fresh, hois, center loin (chops), bone-in, separable lean and fat, cooked, braised   85.0   3.0 og   1.374     1037   Porfs, fresh, hois, center loin (chops), bone-in, separable lean and fat, cooked, braised   85.0   3.0 og   1.373     10212   Porfs, fresh, hois, sirloin (chops), boneless, separable lean and fat, cooked, braised   85.0   3.0 og   1.373     10212   Porfs, fresh, hois, sirloin (chops), boneless, separable lean and fat, cooked, braised   85.0   3.0 og   1.373     13816   Beef, cond, tip round, roats, separable lean and fat, cooked, braised   85.0   3.0 og   1.373     13816   Beef, chock, blade roats, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.373     13816   Beef, shoulder steak, boneless, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.373     13816   Beef, choulder steak, boneless, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.373     13879   Beef, composite of trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.370     1389   Beef, composite of trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.370     1389   Beef, composite of trimmed treatal cats, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.370     1389   Beef, composite of trimmed treatal cats, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.370     1389   Beef, composite of trimmed treatal cats, separable lean and fat, trimmed to 18' fat, all grades, cooked, grilled   85.0   3.0 og   1.360     1380   Beef, composite of trimmed treatal	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17390   Lamb, New Zealand, imported, hind-shank, separable lean only, croked, braised   85.0   3.0 oz   1.374     10037   Pork, fresh, loin, center foin (chops), bone-in, separable lean and fat, cooked, braised   85.0   3.0 oz   1.374     10370   Beef, chuck eye steak, boneless, separable lean only, trimmed to 0° fat, all grades, cooked, grilled   85.0   3.0 oz   1.373     10212   Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, crowded, broiled   85.0   3.0 oz   1.373     13816   Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 oz   1.373     13816   Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 oz   1.373     13816   Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, road   85.0   3.0 oz   1.373     139554   Beef, shoulder steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, road   85.0   3.0 oz   1.373     1396   Ground turkey, 93% lean, 7% fat, patties, broiled   85.0   3.0 oz   1.373     13970   Beef, composite of trimmed realizations, separable lean and fat, trimmed to 1/8" fat, choice, road   85.0   3.0 oz   1.370     13972   Beef, loin, top sirtoin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, road   85.0   3.0 oz   1.370     13976   Beef, composite of trimmed realizations, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.370     13976   Beef, chuck eye totak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.370     13976   Beef, chuck eye totak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.370     13976   Beef, composite of trimmed realizations, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.370     13976   Beef, corposite of trimmed realizations, separable lean and fat, trimmed to 1/8" fat, select, roav   85.0   3.0 o	17171	Game meat, horse, cooked, roasted	85.0	3.0 oz	1.374
10077   Pork, fresh, loin, center foin (chops), bone-in, separable lean and fat, cooked, braised   85.0   3.0 oz   1.374     105157   Quail, meat and skin, raw   1090   1.0 quail   1.373     10512   Pork, fresh, loin, sirfoin (chops), boneless, separable lean and fat, cooked, prilled   85.0   3.0 oz   1.373     10512   Pork, fresh, loin, sirfoin (chops), boneless, separable lean and fat, cooked, broiled   85.0   3.0 oz   1.373     13423   Beaf, round, (ip round, roast, separable lean and fat, trimmed to 0° fat, select, cooked, roasted   85.0   3.0 oz   1.373     13423   Beaf, round, (ip round, roast, separable lean and fat, trimmed to 0° fat, select, cooked, draised   85.0   3.0 oz   1.373     135816   Beaf, chuck, blade roast, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, braised   85.0   3.0 oz   1.373     17157   Game meat, bions, esparable lean and fat, trimmed to 0° fat, all grades, cooked, grilled   85.0   3.0 oz   1.373     17158   Game meat, bions, esparable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     1727   Beaf, composite of trimmed retail curs, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     1737   Beaf, composite of trimmed retail curs, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     1738   Beaf, louic, top sirloin curs steak, boneless, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     1738   Beaf, chuck eye steak, boneless, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     1739   Beaf, chuck eye steak, boneless, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.360     1739   Beaf, chuck, under blade steak, boneless, separable lean and fat, trimmed to 1.8° fat, all grades, cooked, grilled   85.0   3.0 oz   1.360     1730   Beaf, chuck, under blade steak, boneless, separable lean and fa	13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.374
	17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	85.0	3.0 oz	1.374
20077   Beef, chuck eye steak, honeless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.373	10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.374
10212   Pork, fresh, Ioin, sirloin (chops), boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 oz   1.373     13423   Beef, chuck, blade roast, separable lean and fat, trimmed to 1" fat, select, cooked, roasted   85.0   3.0 oz   1.373     17157   Game meat, Ibion, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   1.373     13554   Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.371     13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, choice, raw   114.0   4.0 oz   1.370     13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 18" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     13798   Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 18" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     13796   Beef, chuck, eye steak, boneless, separable lean and fat, trimmed to 18" fat, all grades, cooked grilled   85.0   3.0 oz   1.370     13796   Beef, chuck, eye steak, boneless, separable lean only, trimmed to 18" fat, all grades, cooked   85.0   3.0 oz   1.370     13797   Beef, place, inside skirt steak, separable lean only, trimmed to 18" fat, all grades, cooked   85.0   3.0 oz   1.368     13977   Beef, place, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked   85.0   3.0 oz   1.368     13978   Beef, thuck, under blade steak, boneless, separable lean only, trimmed to 18" fat, select, cooked   85.0   3.0 oz   1.368     13980   Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 18" fat, select, raw   85.0   3.0 oz   1.368     13080   Beef, composite of trimmed retail cuts (ge, loin, and shoulder), separable lean only, trimmed to 18" fat, select, raw   85.0   3.0 oz   1.368     13080   Beef, short loin, porterhouse steak, separable lean only, trimmed to 18" fat, select, cooked   85.0   3.0 oz   1	05157	Quail, meat and skin, raw	109.0	1.0 quail	1.373
13423   Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted   85.0   3.0 αz   1.373     13816   Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 αz   1.373     17157   Game meat, bison, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 αz   1.373     17158   Beef, shoulders steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 αz   1.371     13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw   114.0   4.0 αz   1.370     12020   Port, fresh, loin, center nb (chops), boneless, separable lean only, cooked, pan-fried   85.0   3.0 αz   1.370     123278   Beef, loin, top sirloin cap steak, boneless, separable lean only fat, select, cooked, grilled   85.0   3.0 αz   1.370     13796   Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 αz   1.370     13796   Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked grilled   85.0   3.0 αz   1.360     13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked grilled   85.0   3.0 αz   1.360     13807   Beef, top late, inside skirt steak, separable lean and fat, trimmed to 1/8" fat, select, raw   85.0   3.0 αz   1.360     13808   Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw   85.0   3.0 αz   1.368     13809   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw   85.0   3.0 αz   1.368     13800   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 αz   1.368     13800   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 αz   1.368     13800   Beef, comp	23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.373
13816   Becf, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 oz   1.373     17157   Game meat, bison, separable lean only, cooked, roasted   85.0   3.0 oz   1.373     23554   Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.371     13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw   114.0   4.0 oz   1.370     10202   Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw   114.0   4.0 oz   1.370     10202   Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried   85.0   3.0 oz   1.370     23278   Roef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     23706   Beef, chuck eye steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.360     13707   Beef, plate, inside skiri steak, separable lean only, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.360     13977   Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised   85.0   3.0 oz   1.360     23116   Breef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   1.360     23255   Beef, top loin petite roast/fliet, boneless, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.360     13468   Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.360     13468   Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.360     13608   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   1.360     13609   Pork, fresh, composite of	10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.373
17157   Game meat, bison, separable lean only, cooked, roasted   85.0   3.0 oz   1.373     23554   Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.372     26667   Ground turkey, 93% lean, "7% fat, patries, broiled   85.0   3.0 oz   1.371     2776   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, coloce, raw   114.0   44.0 oz   1.370     2787   Beef, loin, top sirloin cap steak, boneless, separable lean only, crooked, pan-fried   85.0   3.0 oz   1.370     2788   Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     2789   Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     2790   Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.360     2791   Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.360     2791   Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.360     2791   Beef, top loin petite roast filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     2792   Beef, top loin petite roast filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     2793   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     2794   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   1.368     2795   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   1.368     2796   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   3	13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.373
23554   Beef, shoulder steak, honeless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.372	13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.373
1370   Seef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw   114.0   4.0 oz   1.370     1020	17157	Game meat, bison, separable lean only, cooked, roasted	85.0	3.0 oz	1.373
13797   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw   114.0   3.0 oz   1.370     10202   Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried   85.0   3.0 oz   1.370     23278   Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     23076   Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.360     13796   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.369     13977   Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.369     23116   Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   1.368     232255   Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     33630   Restaurant, Italian, spaghetti with meat sauce   554.0   1.0 serving   1.368     3468   Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     3800   Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   1.368     3800   Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked   85.0   3.0 oz   1.368     3800   Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked   85.0   3.0 oz   1.368     3800   Beef, ribey cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled   85.0   3.0 oz   1.368     3800   Beef, ribey cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled   85.0   3.0 oz   1.368     3800   Beef, choriled   1.0 cup whole kernels   1.368     380	23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.372
10202   Pork, fresh, Ioin, center rib (chops), boneless, separable lean only, cooked, pan-fried   85.0   3.0 oz   1.370	05667	Ground turkey, 93% lean, 7% fat, patties, broiled	85.0	3.0 oz	1.371
Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled   85.0   3.0 oz   1.370     23076   Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled   85.0   3.0 oz   1.370     13796   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked   85.0   3.0 oz   1.369     13977   Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.369     23116   Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised   85.0   3.0 oz   1.368     23255   Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     3468   Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw   85.0   3.0 oz   1.368     13800   Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked   85.0   3.0 oz   1.368     10093   Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked   85.0   3.0 oz   1.368     17309   Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled   85.0   3.0 oz   1.368     23266   Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled   85.0   3.0 oz   1.368     12663   Nuts, almonds, dry roasted, without salt added   138.0   1.0 cup whole kernels   1.368     12653   Nuts, almonds, dry roasted, without salt added   138.0   1.0 cup whole kernels   1.368     12654   Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised   85.0   3.0 oz   1.367     12664   12665   12	13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	114.0	4.0 oz	1.370
23278   cooked, grilled   S5.0   3.0 oz   1.370	10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.370
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked 85.0 3.0 oz 1.369  Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled 85.0 3.0 oz 1.369  Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised 85.0 3.0 oz 1.368  Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 1.368  Restaurant, Italian, spaghetti with meat sauce 554.0 1.0 serving 1.368  Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw 85.0 3.0 oz 1.368  13800 Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked 85.0 3.0 oz 1.368  10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked 85.0 3.0 oz 1.368  17309 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, broiled 85.0 3.0 oz 1.368  12266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled 85.0 3.0 oz 1.368  12563 Nuts, almonds, dry roasted, without salt added 138.0 1.0 cup whole kernels 1.368  12563 Nuts, almonds, dry roasted, with salt added 138.0 1.0 cup whole kernels 1.368  123255 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.367	23278		85.0	3.0 oz	1.370
13977   Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled   85.0   3.0 oz   1.369	23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.370
Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised  3.0 oz  1.368  23255 Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw  85.0  3.0 oz  1.368  36630 Restaurant, Italian, spaghetti with meat sauce  554.0  1.0 serving  1.368  13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw  85.0  3.0 oz  1.368  13800 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked  85.0  3.0 oz  1.368  10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  85.0  3.0 oz  1.368  17309 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, escence ocoked, broiled  23266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  85.0  3.0 oz  1.368  12063 Nuts, almonds, dry roasted, without salt added  138.0  1.0 cup whole kernels  1.368  23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  85.0  3.0 oz  1.368  3.0 oz  1.368	13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	85.0	3.0 oz	1.369
braised  Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw  Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw  Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked  Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  Beef, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  Beef, riesy cap steak, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  Beef, ribeye cap steak, without salt added  Nuts, almonds, dry roasted, without salt added  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  Beef, copic proving the set of trimmed treatil cuts (leg, loin, and shoulder), separable lean only, trimmed to 1/8" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled  Beef, ribeye cap steak, boneless, separa	13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.369
Restaurant, Italian, spaghetti with meat sauce  1.0 serving 1.368 13468 Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw 13800 Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked 185.0  1.368 1.368 1.30 oz  1.368	23116		85.0	3.0 oz	1.368
Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw  85.0  Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked  85.0  Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  85.0  Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled  23266  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  85.0  3.0 oz  1.368  1.368  1.368  Nuts, almonds, dry roasted, without salt added  138.0  1.0 cup whole kernels  1.368  1.368  23235  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  85.0  3.0 oz  1.368  3.0 oz  1.368	23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.368
Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked  85.0  10093 Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  17309 Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled  23266 Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  138.0  1.368  1.368  1.30 oz  1.368	36630	Restaurant, Italian, spaghetti with meat sauce	554.0	1.0 serving	1.368
Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked  Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  Nuts, almonds, dry roasted, without salt added  Nuts, almonds, dry roasted, with salt added  Nuts, almonds, dry roasted, with salt added  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  Solution  3.0 oz  1.368  1.368  1.368  1.369  1.369  1.369	13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.368
Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled  3.0 oz  1.368  Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled  85.0  3.0 oz  1.368  12063 Nuts, almonds, dry roasted, without salt added  138.0  1.0 cup whole kernels  1.368  12563 Nuts, almonds, dry roasted, with salt added  138.0  1.0 cup whole kernels  1.368  23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  85.0  3.0 oz  1.368	13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	85.0	3.0 oz	1.368
cooked, broiled  85.0	10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	85.0	3.0 oz	1.368
Nuts, almonds, dry roasted, without salt added  138.0  1.0 cup whole kernels  1.368  Nuts, almonds, dry roasted, with salt added  138.0  1.0 cup whole kernels  1.368  23235  Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised  85.0  3.0 oz  1.368	17309		85.0	3.0 oz	1.368
Nuts, almonds, dry roasted, with salt added 138.0 1.0 cup whole kernels 1.368 23235 Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz 1.367	23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.368
Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised 85.0 3.0 oz	12063	Nuts, almonds, dry roasted, without salt added	138.0	1.0 cup whole kernels	1.368
	12563	Nuts, almonds, dry roasted, with salt added	138.0	1.0 cup whole kernels	1.368
10700 D. C.	23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.367
Beer, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked 85.0 3.0 oz 1.36/	13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.367
Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled 85.0 3.0 oz	13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.367
16115         Soy flour, full-fat, raw         84.0         1.0 cup, stirred         1.367	16115	Soy flour, full-fat, raw	84.0	1.0 cup, stirred	1.367
Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0	17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.366

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.366
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.366
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.366
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	116.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.365
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.365
15185	Fish, tuna, white, canned in oil, without salt, drained solids	85.0	3.0 oz	1.364
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.364
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	85.0	3.0 oz	1.364
15124	Fish, tuna, white, canned in oil, drained solids	85.0	3.0 oz	1.364
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.363
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.363
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.362
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	95.0	1.0 drumstick without skin	1.361
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	114.0	4.0 oz	1.361
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	78.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.361
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.361
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.361
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.360
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.360
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	85.0	3.0 oz	1.360
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	85.0	3.0 oz	1.360
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	85.0	3.0 oz	1.360
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.359
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.359
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	1.0 serving (3 oz)	1.359
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	85.0	3.0 oz	1.358
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.358
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	90.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.358
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.357
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.356
07013	Bratwurst, pork, cooked	85.0	1.0 link cooked	1.355

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.355
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	85.0	3.0 oz	1.355
15006	Fish, burbot, raw	116.0	1.0 fillet	1.355
05162	Squab, (pigeon), light meat without skin, raw	101.0	1.0 breast, bone removed	1.354
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	128.0	1.0 cup	1.354
17163	Game meat, caribou, cooked, roasted	85.0	3.0 oz	1.354
15202	Fish, milkfish, cooked, dry heat	85.0	3.0 oz	1.353
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.352
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	85.0	3.0 oz	1.352
15102	Fish, snapper, mixed species, cooked, dry heat	85.0	3.0 oz	1.352
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.351
17175	Game meat, muskrat, cooked, roasted	85.0	3.0 oz	1.351
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	85.0	3.0 oz	1.351
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.350
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.350
16409	Soybeans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	1.348
16109	Soybeans, mature cooked, boiled, without salt	172.0	1.0 cup	1.348
15190	Fish, burbot, cooked, dry heat	90.0	1.0 fillet	1.347
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.347
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.347
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.346
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.346
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.345
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	85.0	3.0 oz	1.345
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.344
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.343
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.343
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	85.0	3.0 oz	1.343
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	85.0	3.0 oz	1.343
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.342
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.342

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.342
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.342
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.342
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.341
23313	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.341
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.340
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.340
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.340
05166	Turkey, whole, meat and skin, cooked, roasted	85.0	3.0 oz	1.340
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	114.0	4.0 oz	1.340
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.339
36631	OLIVE GARDEN, spaghetti with meat sauce	525.0	1.0 serving	1.339
15098	Fish, sheepshead, cooked, dry heat	85.0	3.0 oz	1.338
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.338
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.338
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.338
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	86.0	1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g)	1.337
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	85.0	3.0 oz grilled patties	1.337
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.337
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.336
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.336
15200	Fish, mackerel, king, cooked, dry heat	85.0	3.0 oz	1.336
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	219.0	1.0 item	1.336
05168	Turkey, whole, meat only, cooked, roasted	85.0	3.0 oz	1.335
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	114.0	4.0 oz	1.335
12023	Seeds, sesame seeds, whole, dried	144.0	1.0 cup	1.335
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	85.0	3.0 oz	1.335
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	85.0	3.0 oz	1.335
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.335

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.334
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.334
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.333
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.333
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.333
15212	Fish, salmon, pink, cooked, dry heat	85.0	3.0 oz	1.333
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.333
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.333
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	385.0	1.0 serving	1.332
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.332
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.331
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	85.0	3.0 oz	1.331
17139	Veal, sirloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.331
23295	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.330
17109	Veal, loin, separable lean only, cooked, roasted	85.0	3.0 oz	1.330
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.330
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.329
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.329
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.329
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	85.0	3.0 oz	1.329
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.329
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.329
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	135.0	1.0 cup	1.328
12038	Seeds, sunflower seed kernels, oil roasted, without salt	135.0	1.0 cup	1.328
23311	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 4/5, raw	114.0	4.0 oz	1.328
23302	Beef, Australian, imported, grass-fed, loin, tenderloin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.328
15211	Fish, salmon, chum, cooked, dry heat	85.0	3.0 oz	1.328
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.328
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.328
05696	Turkey from whole, light meat, meat only, with added solution, raw	114.0	4.0 oz	1.327
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.327
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	85.0	3.0 oz	1.327

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	79.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.326
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.326
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	85.0	3.0 oz	1.326
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.326
05156	Pheasant, leg, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-eat pheasant)	1.326
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.325
05124	Chicken, stewing, meat and skin, cooked, stewed	85.0	3.0 oz	1.325
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.325
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	85.0	3.0 oz	1.324
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.324
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	85.0	3.0 oz	1.323
15177	Mollusks, whelk, unspecified, raw	85.0	3.0 oz	1.323
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz (1 serving)	1.323
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.322
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.322
15210	Fish, salmon, chinook, cooked, dry heat	85.0	3.0 oz	1.322
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	85.0	3.0 oz	1.321
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	85.0	3.0 oz	1.321
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	85.0	3.0 oz	1.321
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.320
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	85.0	1.0 serving ( 3 oz )	1.320
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.320
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.320
20088	Wild rice, raw	160.0	1.0 cup	1.320
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	85.0	3.0 oz	1.319
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	85.0	3.0 oz	1.319
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.318
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	85.0	3.0 oz	1.318
23220	Beef, ground, unspecified fat content, cooked	85.0	3.0 oz	1.318
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.318
15147	Crustaceans, lobster, northern, raw	150.0	1.0 lobster	1.317
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.317

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.317
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	134.0	1.0 cup	1.316
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	134.0	1.0 cup	1.316
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.315
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.315
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	85.0	3.0 oz	1.315
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.315
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.314
15159	Mollusks, clam, mixed species, cooked, moist heat	85.0	3.0 oz	1.313
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.312
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.312
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.312
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	85.0	3.0 oz	1.312
05215	Turkey, back from whole bird, meat only, raw	114.0	4.0 oz	1.312
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	205.0	1.0 item	1.312
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	1.312
15184	Fish, tuna, light, canned in water, without salt, drained solids	85.0	3.0 oz	1.312
01173	Egg, white, dried	28.0	1.0 oz	1.312
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	114.0	4.0 oz	1.311
12154	Nuts, walnuts, black, dried	125.0	1.0 cup, chopped	1.310
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.310
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.310
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.310
21112	Fast foods, hamburger; single, large patty; plain	137.0	1.0 sandwich	1.310
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.309
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.309
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	95.0	1.0 drumstick without skin	1.308
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	95.0	1.0 drumstick without skin	1.308
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.308
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	85.0	3.0 oz	1.307
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	1.0 serving (3 oz)	1.307

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.306
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	85.0	3.0 oz	1.306
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.306
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.306
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	85.0	3.0 oz	1.306
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.306
17424	Veal, ground, cooked, pan-fried	85.0	3.0 oz	1.306
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	85.0	3.0 oz	1.305
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	1.305
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	85.0	3.0 oz	1.304
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.304
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.303
17200	Lamb, variety meats and by-products, liver, cooked, braised	85.0	3.0 oz	1.303
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	85.0	3.0 oz	1.303
23418	Beef, New Zealand, imported, inside, raw	113.0	4.0 oz	1.303
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	80.0	1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g)	1.302
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.302
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.302
17115	Veal, rib, separable lean only, cooked, roasted	85.0	3.0 oz	1.302
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.302
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	105.0	1.0 piece	1.302
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.301
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.301
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.301
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	85.0	3.0 oz	1.301
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.300
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.300
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	85.0	3.0 oz	1.300
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.299
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.298

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	85.0	3.0 oz	1.298
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.298
15262	Fish, tilapia, cooked, dry heat	87.0	1.0 fillet	1.297
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	85.0	3.0 oz	1.296
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.296
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.296
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.296
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	85.0	3.0 oz	1.296
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.295
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.295
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.295
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.295
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.294
05646	Ostrich, inside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.292
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	85.0	3.0 oz	1.292
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.291
15087	Fish, salmon, sockeye, canned, drained solids	85.0	3.0 oz	1.291
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.291
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.289
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	85.0	3.0 oz	1.289
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	85.0	3.0 oz	1.289
05193	Turkey, all classes, leg, meat and skin, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.289
17192	Lamb, variety meats and by-products, heart, cooked, braised	85.0	3.0 oz	1.289
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.289
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.288
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.287
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.287
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	85.0	1.0 serving	1.286
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.286
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.284

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	113.0	4.0 oz	1.284
23304	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.284
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	85.0	1.0 serving	1.283
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.283
36001	APPLEBEE'S, Double Crunch Shrimp	206.0	1.0 serving	1.281
15205	Fish, pollock, Atlantic, cooked, dry heat	85.0	3.0 oz	1.281
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.280
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.280
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.280
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.280
05172	Turkey, whole, giblets, cooked, simmered	95.0	1.0 giblets	1.280
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.279
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	113.0	4.0 oz	1.278
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.278
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.278
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.278
15032	Fish, grouper, mixed species, cooked, dry heat	85.0	3.0 oz	1.278
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	85.0	3.0 oz	1.277
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.277
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	85.0	3.0 oz	1.276
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	1.0 serving (3 oz)	1.276
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.276
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.275
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.275
05649	Ostrich, outside strip, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.274
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	113.0	4.0 oz	1.274
05216	Turkey, back, from whole bird, meat only, roasted	85.0	3.0 oz	1.273
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.273
05741	Turkey, thigh, from whole bird, meat only, roasted	85.0	3.0 oz	1.273
05188	Turkey, from whole, dark meat, cooked, roasted	85.0	1.0 serving	1.273
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	85.0	3.0 oz	1.272

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.272
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.272
10220	Pork, fresh, ground, cooked	85.0	3.0 oz	1.272
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.272
20008	Buckwheat	170.0	1.0 cup	1.272
17136	Veal, sirloin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.271
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	85.0	3.0 oz	1.270
15063	Fish, pike, northern, cooked, dry heat	85.0	3.0 oz	1.269
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.269
15047	Fish, mackerel, Atlantic, cooked, dry heat	88.0	1.0 fillet	1.269
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.268
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	85.0	3.0 oz	1.268
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	85.0	3.0 oz	1.268
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	85.0	3.0 oz	1.267
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.267
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	85.0	3.0 oz	1.266
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	114.0	4.0 oz	1.265
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.265
17225	Lamb, ground, cooked, broiled	85.0	3.0 oz	1.265
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.264
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.264
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	114.0	4.0 oz	1.263
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.262
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	113.0	4.0 oz	1.262
15069	Fish, pompano, florida, cooked, dry heat	88.0	1.0 fillet	1.261
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	115.0	1.0 serving	1.260
15046	Fish, mackerel, Atlantic, raw	112.0	1.0 fillet	1.260
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.259
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.258
15223	Fish, whitefish, mixed species, cooked, dry heat	85.0	3.0 oz	1.258
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.257
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.257

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz ( 1serving )	1.257
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	1.257
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.256
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.255
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	85.0	3.0 oz	1.255
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.255
17106	Veal, loin, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.254
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.254
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.254
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.254
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	1.254
23413	Beef, New Zealand, imported, flat, separable lean only, raw	113.0	4.0 oz	1.253
23431	Beef, New Zealand, imported, ribs prepared, raw	113.0	4.0 oz	1.253
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	85.0	3.0 oz	1.253
22911	Chili, no beans, canned entree	240.0	1.0 cup	1.253
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	85.0	3.0 oz	1.251
15260	Fish, salmon, pink, canned, drained solids	85.0	3.0 oz	1.251
15198	Fish, ling, cooked, dry heat	85.0	3.0 oz	1.251
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	85.0	3.0 oz	1.251
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	85.0	3.0 oz	1.251
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	85.0	3.0 oz	1.251
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	85.0	3.0 oz	1.251
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	113.0	4.0 oz	1.251
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	85.0	3.0 oz	1.250
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.250
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.250
12652	Nuts, pistachio nuts, dry roasted, with salt added	123.0	1.0 cup	1.250
12152	Nuts, pistachio nuts, dry roasted, without salt added	123.0	1.0 cup	1.250
05155	Pheasant, breast, meat only, raw	85.0	3.0 oz	1.250
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.250
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.250
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.250

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	85.0	3.0 oz	1.249
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.249
23427	Beef, New Zealand, imported, manufacturing beef, raw	113.0	4.0 oz	1.249
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.248
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.248
05648	Ostrich, outside leg, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.247
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	71.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	1.247
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.246
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.246
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.246
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.245
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	85.0	3.0 oz	1.245
16099	Peanut flour, defatted	60.0	1.0 cup	1.245
23310	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.244
15160	Mollusks, clam, mixed species, canned, drained solids	85.0	3.0 oz	1.244
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.243
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.243
05662	Ground turkey, fat free, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.243
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.243
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	114.0	4.0 oz	1.241
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	85.0	3.0 oz	1.241
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.240
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	85.0	1.0 serving (3 oz)	1.239
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.239
05220	Turkey, breast, from whole bird, meat only, roasted	85.0	3.0 oz	1.239
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.239
17184	Game meat, squirrel, cooked, roasted	85.0	3.0 oz	1.238
17338	Game meat, elk, ground, raw	102.0	1.0 patty ( yield from 102.2 g raw meat )	1.238
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.238
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	85.0	3.0 oz	1.238
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.238
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.238
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.237

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.237
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.237
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.237
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.236
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.236
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.235
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.234
05158	Quail, meat only, raw	92.0	1.0 quail	1.234
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.232
17143	Veal, ground, cooked, broiled	85.0	3.0 oz	1.232
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.232
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.232
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.231
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	113.0	4.0 oz	1.231
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.229
05707	Turkey, whole, meat and skin, with added solution, roasted	85.0	3.0 oz	1.229
17223	Veal, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.227
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	138.0	1.0 slice	1.227
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.227
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.227
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.226
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.226
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.226
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.226
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	85.0	3.0 oz	1.225
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	85.0	3.0 oz	1.225
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.225
05148	Goose, domesticated, meat only, raw	85.0	3.0 oz	1.225
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	1.224
15165	Mollusks, mussel, blue, cooked, moist heat	85.0	3.0 oz	1.224
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.224
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	85.0	3.0 oz	1.223
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.223
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.222
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.221

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05644	Ostrich, inside leg, raw	85.0	1.0 serving ( cooked from 4 oz raw )	1.221
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	113.0	4.0 oz	1.220
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.220
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	85.0	1.0 serving (3 oz)	1.220
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.220
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	1.219
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.219
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	85.0	3.0 oz	1.219
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.219
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.219
15194	Fish, mahimahi, cooked, dry heat	85.0	3.0 oz	1.219
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	113.0	4.0 oz	1.218
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	85.0	3.0 oz	1.218
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	85.0	3.0 oz	1.217
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	85.0	3.0 oz	1.217
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	85.0	3.0 oz	1.216
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.216
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.216
23572	Beef, ground, 80% lean meat / 20% fat, raw	113.0	4.0 oz	1.216
15111	Fish, swordfish, cooked, dry heat	85.0	3.0 oz	1.215
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.215
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.215
15186	Fish, tuna, white, canned in water, without salt, drained solids	85.0	3.0 oz	1.214
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	85.0	3.0 oz	1.214
15126	Fish, tuna, white, canned in water, drained solids	85.0	3.0 oz	1.214
12037	Seeds, sunflower seed kernels, dry roasted, without salt	128.0	1.0 cup	1.213
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	128.0	1.0 cup	1.213
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	128.0	1.0 cup	1.213
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	85.0	3.0 oz	1.213
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	113.0	4.0 oz	1.211
17112	Veal, rib, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.211
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	85.0	3.0 oz	1.211
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	85.0	3.0 oz	1.211

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	85.0	3.0 oz	1.210
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	113.0	4.0 oz	1.210
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	85.0	3.0 oz	1.210
23323	Beef, Australian, imported, Wagyu, loin, tenderloin steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	1.210
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.209
05154	Pheasant, raw, meat only	85.0	3.0 oz	1.209
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	113.0	4.0 oz	1.208
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	85.0	3.0 oz	1.208
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	136.0	1.0 slice	1.208
21110	Fast foods, hamburger; double, regular, patty; plain	120.0	1.0 item	1.207
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	85.0	3.0 oz	1.207
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	85.0	3.0 oz	1.207
15141	Crustaceans, crab, blue, canned	135.0	1.0 cup	1.207
23411	Beef, New Zealand, imported, flank, separable lean only, raw	113.0	4.0 oz	1.207
01040	Cheese, swiss	132.0	1.0 cup, diced	1.206
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	115.0	1.0 serving	1.206
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	85.0	3.0 oz	1.206
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	85.0	3.0 oz	1.206
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	113.0	4.0 oz	1.206
36012	Restaurant, family style, fried mozzarella sticks	245.0	1.0 serving	1.205
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	85.0	3.0 oz	1.205
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.205
15247	Fish, salmon, coho, wild, cooked, dry heat	85.0	3.0 oz	1.205
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.205
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.205
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	113.0	4.0 oz	1.205
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	85.0	3.0 oz	1.204
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.204
05622	Emu, ground, cooked, pan-broiled	109.0	1.0 patty (yield from 135.8 g raw meat)	1.204
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	127.0	1.0 fillet	1.204
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	85.0	3.0 oz	1.204
05654	Ostrich, tenderloin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.204

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	81.0	1.0 slice	1.202
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.202
15041	Fish, herring, Atlantic, pickled	140.0	1.0 cup	1.201
23316	Beef, Australian, imported, grass-fed, rib, ribeye steak/roast lip-on, boneless, separable lean and fat, raw	114.0	4.0 oz	1.200
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.200
15117	Fish, tuna, fresh, bluefin, raw	85.0	3.0 oz	1.199
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.199
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	1.199
05653	Ostrich, round, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.199
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	85.0	3.0 oz	1.199
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.199
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	85.0	3.0 oz	1.199
36015	Restaurant, family style, chicken fingers, from kid's menu	114.0	1.0 serving	1.199
05117	Chicken, roasting, light meat, meat only, raw	99.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.199
05153	Pheasant, raw, meat and skin	85.0	3.0 oz	1.198
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	85.0	3.0 oz	1.198
10972	Pork, ground, 84% lean / 16% fat, raw	113.0	4.0 oz	1.198
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.198
05710	Turkey, retail parts, breast, meat only, raw	85.0	3.0 oz	1.197
12151	Nuts, pistachio nuts, raw	123.0	1.0 cup	1.197
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	85.0	1.0 serving ( 3 oz )	1.196
05043	Chicken, broilers or fryers, dark meat, meat only, raw	109.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.195
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	85.0	3.0 oz	1.194
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	85.0	3.0 oz	1.193
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.193
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.193
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.193
05112	Chicken, roasting, meat and skin, cooked, roasted	85.0	3.0 oz	1.193
23305	Beef, Australian, imported, grass-fed, loin, top loin steak/roast, boneless, separable lean and fat, raw	114.0	4.0 oz	1.192
05655	Ostrich, tip trimmed, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.192
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.191
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.190
15135	Fish, yellowtail, mixed species, raw	85.0	3.0 oz	1.190
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	85.0	3.0 oz	1.190
05643	Ostrich, fan, raw	85.0	1.0 serving ( cooked from 4oz raw)	1.189

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	114.0	4.0 oz	1.189
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	85.0	3.0 oz	1.188
05719	Turkey, back, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
05694	Turkey, dark meat from whole, meat only, with added solution, raw	114.0	4.0 oz	1.187
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	114.0	4.0 oz	1.187
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.187
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.186
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	113.0	4.0 oz	1.185
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.185
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.185
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.184
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.184
05159	Quail, breast, meat only, raw	85.0	3.0 oz	1.183
17198	Veal, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.183
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	113.0	4.0 oz	1.183
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.182
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.182
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	85.0	3.0 oz	1.182
05657	Ostrich, top loin, raw	85.0	1.0 serving (cooked from 4 oz raw)	1.182
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.182
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	115.0	1.0 serving	1.181
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	85.0	1.0 piece	1.181
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	85.0	3.0 oz	1.181
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.181
36414	Restaurant, Latino, tripe soup	200.0	1.0 cup	1.180
13332	Beef, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	1.180
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	85.0	3.0 oz	1.180
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.180
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.180
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.179
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.178
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	85.0	3.0 oz	1.178
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.177
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.177
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	454.0	1.0 serving varied from 7-9 ravioli per serving	1.176

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15009	Fish, carp, cooked, dry heat	85.0	3.0 oz	1.176
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	85.0	3.0 oz	1.176
05651	Ostrich, oyster, raw	85.0	1.0 serving ( cooked from 4 oz raw)	1.176
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	113.0	4.0 oz	1.175
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	96.0	1.0 serving	1.175
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.175
15016	Fish, cod, Atlantic, cooked, dry heat	85.0	3.0 oz	1.174
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.174
01137	Egg, yolk, dried	67.0	1.0 cup, sifted	1.173
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	114.0	4.0 oz	1.173
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	85.0	3.0 oz	1.172
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.172
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.172
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	113.0	4.0 oz	1.172
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	85.0	3.0 oz	1.171
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.171
05151	Guinea hen, meat and skin, raw	85.0	3.0 oz	1.171
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	114.0	4.0 oz	1.171
15017	Fish, cod, Atlantic, canned, solids and liquid	85.0	3.0 oz	1.170
20014	Corn grain, yellow	166.0	1.0 cup	1.170
20314	Corn grain, white	166.0	1.0 cup	1.170
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	85.0	3.0 oz	1.170
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	113.0	4.0 oz	1.170
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	84.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.168
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	85.0	3.0 oz	1.167
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.167
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.166
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.165
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	85.0	3.0 oz	1.164
15199	Fish, lingcod, cooked, dry heat	85.0	3.0 oz	1.164
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	340.0	1.0 bowl	1.163
17369	Lamb, New Zealand, imported, liver, raw	113.0	4.0 oz	1.163
01212	Milk, dry, whole, without added vitamin D	128.0	1.0 cup	1.162
15100	Fish, smelt, rainbow, cooked, dry heat	85.0	3.0 oz	1.162
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	91.0	1.0 thigh, without skin	1.161
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.161

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23314	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean only, Aust. marble score 9, raw	114.0	4.0 oz	1.161
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.160
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	85.0	3.0 oz	1.159
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.159
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	113.0	4.0 oz	1.158
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	113.0	4.0 oz	1.157
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.157
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	95.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.156
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	85.0	3.0 oz	1.156
15195	Fish, drum, freshwater, cooked, dry heat	85.0	3.0 oz	1.156
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.156
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.155
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	85.0	3.0 oz	1.155
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	85.0	3.0 oz	1.155
05119	Chicken, roasting, dark meat, meat only, raw	113.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.155
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.154
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.154
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	113.0	4.0 oz	1.154
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	113.0	4.0 oz	1.154
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.153
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.153
23293	Beef, Australian, imported, grass-fed, ground, 85% lean / 15% fat, raw	114.0	4.0 oz (4 oz)	1.153
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.152
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.152
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	67.0	1.0 slice	1.152
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.151
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.151
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.149
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	115.0	1.0 serving	1.149
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.148
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	89.0	1.0 thigh	1.148
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	113.0	4.0 oz	1.148
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	190.0	6.0 inch sub	1.148

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	190.0	6.0 inch sub	1.148
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	113.0	4.0 oz	1.146
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.146
17149	Bison, ground, grass-fed, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.146
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.146
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.145
20060	Rice bran, crude	118.0	1.0 cup	1.145
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.144
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.144
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	365.0	1.0 serving varied from 8 to 10 ravioli per serving	1.142
17371	Lamb, New Zealand, imported, ground lamb, raw	113.0	4.0 oz	1.142
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.142
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	115.0	1.0 serving	1.142
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.142
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.142
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	175.0	1.0 serving	1.139
15227	Crustaceans, crab, queen, cooked, moist heat	85.0	3.0 oz	1.139
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	114.0	4.0 oz	1.139
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	85.0	3.0 oz	1.137
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.137
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	85.0	3.0 oz	1.136
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	1.136
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	85.0	3.0 oz	1.136
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to $0$ " fat, select, raw	85.0	3.0 oz	1.135
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	113.0	4.0 oz	1.135
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	128.0	1.0 cup	1.134
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	128.0	1.0 cup	1.134
05732	Turkey, retail parts, breast, meat and skin, raw	85.0	3.0 oz	1.134
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.133
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	83.0	1.0 thigh thigh without skin	1.133
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	85.0	3.0 oz	1.132
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	85.0	3.0 oz grilled patties	1.132
15123	Fish, tuna, fresh, skipjack, raw	85.0	3.0 oz	1.131
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.131
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	85.0	3.0 oz	1.131
12539	Seeds, sunflower seed kernels, toasted, with salt added	134.0	1.0 cup	1.131

1909   Seeds, sunflower seed kernels, testeact, writtent salt   134.0   1.0 cmp   1.31	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
Samon, sockeye, canned, total can contents   8.50   1.0 unit yield from 1 b ready-to-cook chicken   1.129	12039	Seeds, sunflower seed kernels, toasted, without salt	134.0	1.0 cup	1.131
	23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.130
10923   Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted   85.0   1.0 serving (3 oz)   1.127   1.008   1.108   1.008   1.108	15253	Salmon, sockeye, canned, total can contents	85.0	3.0 oz	1.130
1708   Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw   115.0   1.0 serving (300   1.126   1.0 serving (300   1.125   1.0 serv	05131	Chicken, stewing, dark meat, meat only, raw	105.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.129
Pork, cured, hum, slice, home-in, separable lean and fat, unimented   8.50   3.0 oz   1.125	10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.127
1834   Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 18" fat, prime, cooked, brotled   85.0   3.0 oz cumbled   1.125   18338   Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 18" fat, all grades, raw   85.0   1.0 unit (yield from 11b ready-to-cook chickern)   1.121   18358   Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   1.0 unit (yield from 11b ready-to-cook chickern)   1.121   18358   Beef, round, kinckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3.0 oz   1.121   18058   Beef, round, kinckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3.0 oz   1.120   18066   Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw   85.0   3.0 oz   1.118   18055   Pork, cured, hum, rump, bone-in, separable lean only, raw   85.0   3.0 oz   1.118   182219   Beef, plane steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.118   182319   Beef, plane steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.116   18427   KFC, Fried Chicken, brotler or fryers, breast, skinless, boneless, meat only, raw   85.0   3.0 oz   1.116   18428   Veal, leg, top round, cap off, culter, broneless, read only, raw   85.0   3.0 oz   1.116   18429   Cereals, com grits, yellow, regular and quick, crichcel, dry   170.0   1.0 csp   1.115   18421   Lamb, domestic, fib. separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115   18432   Beef, funk, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115   18433   Beef, funk, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115   18441   Lamb, domestic, fib. separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115   18453   Beef, funk, steak, separa	17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	115.0	1.0 serving	1.127
	10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	85.0	1.0 serving (3 oz)	1.126
	13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.125
05129         Chicken, stewing, light meat, meat only, raw         850         1.0 unit (yield from 1 lb ready-to-cook chicken)         1.12           23055         Beef, round, kuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw         85.0         3.0 oz         1.121           10193         Pork, fresh, backribs, separable lean and fat, cooked, roasted         85.0         0.8 erving serving size varied by diameter and count of ravible         1.10           10066         Pork, fresh, loin, top loin (chops), boncless, separable lean only, raw         85.0         3.0 oz         1.118           10225         Pork, fresh, loin, top loin (roasts), boncless, separable lean only, raw         85.0         3.0 oz         1.118           23219         Beef, plate steak, boncless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw         85.0         3.0 oz         1.118           2319         Beef, plate steak, boncless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw         85.0         3.0 oz         1.116           23219         Beef, plate steak, boncless, sincless, boncless, separable lean and fat, trimmed to 0" fat, select, raw         113.0         4.0 oz         1.116           21427         KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, sin and breading removed         86.0         1.0 thigh withouts         1.116           23377         Beef, grou	05333	Chicken, ground, crumbles, cooked, pan-browned	85.0	3.0 oz crumbled	1.125
2055   Recf. round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.12	23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.122
10193   Pork, fresh, backribs, separable lean and fat, cooked, roasted   85.0   3.0 oz   1.120     36055   Restaurant, Italian, cheese ravioli with marinara sauce   427.0   1.0 serving serving size varied by diameter and count of ravilloi   1.119     1026   Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw   85.0   3.0 oz   1.118     1025   Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, tunheated   85.0   3.0 oz   1.118     1025   Pork, cured, ham, rump, bone-in, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.118     1025   Reef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.118     1026   Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.116     1026   Chicken, Droiler or fryers, breast, skinless, boneless, meat only, raw   85.0   3.0 oz   1.116     1026   Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw   85.0   3.0 oz   1.116     1027   Reef, ground, 75% lean meat / 25% fat, raw   85.0   3.0 oz   1.116     1028   Reef, glaund, 75% lean meat / 25% fat, raw   85.0   3.0 oz   1.115     1028   Cereals, corn gris, yellow, regular and quick, enriched, dry   1700   1.0 cup   1.118     1028   Cereals, corn gris, yellow, regular and quick, enriched, dry   1700   1.0 cup   1.118     1028   Reef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3.0 oz   1.115     1028   Reef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3.0 oz   1.115     1028   Reef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3.0 oz   1.115     1028   Reef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   3	05129	Chicken, stewing, light meat, meat only, raw	89.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.121
Restaurant, Italian, cheese ravioli with marinara sauce	23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.121
Restaurant, Italian, cheese ravioli with mannara sauce	10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.120
10225   Pork, fresh, loin, top Ioin (roasts), boneless, separable lean only, raw   85.0   3.0 oz   1.118     10955   Pork, cured, ham, rump, bone-in, separable lean and fat, unheated   85.0   3.0 oz   1.118     23219   Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.117     17420   Lamb, New Zealand, imported, rack- fully frenched, separable lean and fat, raw   113.0   4.0 oz   1.116     21427   KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed   86.0   1.0 thigh without skin   1.116     17426   Veal, leg, top round, cap off, cutlet, boneless, raw   85.0   3.0 oz   1.116     23577   Beef, ground, 75% lean meat / 25% fat, raw   113.0   4.0 oz   1.115     17241   Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   1.115     18256   Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23663   Beef, found, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23312   Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. raw   85.0   3.0 oz   1.115     10963   Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw   85.0   3.0 oz   1.114     13148   Beef, rib, shortribs, separable lean and fat, choice, cooked, braised   85.0   3.0 oz   1.114     13148   Beef, inj, shortribs, separable lean and fat, choice, cooked, braised   85.0   1.0 unit (yield from 1 lb ready-to-cook chicken)     1.118	36055	Restaurant, Italian, cheese ravioli with marinara sauce	427.0		1.119
10955   Pork, cured, ham, rump, bone-in, separable lean and fat, tunheated   85.0   3.0 oz   1.118     23219   Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.117     17420   Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw   113.0   4.0 oz   1.116     21427   KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed   86.0   1.0 thigh without skin   1.116     15062   Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw   85.0   3.0 oz   1.116     17426   Veal, leg, top round, cap off, cultet, boneless, raw   85.0   3.0 oz   1.116     23577   Beef, ground, 75% lean meat / 25% fat, raw   113.0   40.0 oz   1.115     17241   Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   1.115     23656   Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23665   Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23063   Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     2312   Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   85.0   3.0 oz   1.115     23063   Pork, Leg sirloin tip roast, boneless, separable lean only, Aust. marble score 9, raw   85.0   3.0 oz   1.115     2318   Beef, rib, shortribs, separable lean and fat, raw   85.0   3.0 oz   1.114     23148   Beef, rib, shortribs, separable lean and fat, choice, cooked, braised   85.0   3.0 oz   1.114     23148   Beef, rib, shortribs, separable lean and fat, choice, cooked, braised   85.0   3.0 oz   1.114     23148   Beef, rib, shortribs, separable lean and fat, choice, cooked, braised   85.0   3.0 oz   3.0 oz   3.0 oz   3.114     2315   Emu, full rump, cooked, broiled   85.0   3.0 oz   3.0 oz   3.115     2316   Em	10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	85.0	3.0 oz	1.119
23219   Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   1.117     17420   Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw   113.0   4.0 oz   1.116     21427   KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed   86.0   1.0 thigh without skin   1.116     105062   Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw   85.0   3.0 oz   1.116     17426   Veal, leg, top round, cap off, cutlet, boneless, raw   85.0   3.0 oz   1.116     23577   Beef, ground, 75% lean meat / 25% fat, raw   113.0   4.0 oz   1.115     17241   Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted   85.0   3.0 oz   1.115     23656   Beef, flank, steak, separable lean and quick, enriched, dry   170.0   1.0 cup   1.115     23656   Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23063   Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   1.115     23312   Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   114.0   4.0 oz   1.115     23312   Beef, substitution imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   85.0   3.0 oz   1.115     23312   Beef, substitution imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   85.0   3.0 oz   1.115     23312   Beef, substitution imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   1.115     23312   Beef, substitution imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   1.115     23312   Beef, substitution imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw   1.116   1.116	10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.118
17420         Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw         113.0         4.0 oz         1.116           21427         KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed         86.0         1.0 thigh without skin         1.116           05062         Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw         85.0         3.0 oz         1.116           17426         Veal, leg, top round, cap off, cutlet, boneless, raw         85.0         3.0 oz         1.116           23577         Beef, ground, 75% lean meat / 25% fat, raw         113.0         4.0 oz         1.115           17241         Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         85.0         3.0 oz         1.115           08159         Cereals, corn grits, yellow, regular and quick, enriched, dry         170.0         1.0 cup         1.115           23656         Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw         85.0         3.0 oz         1.115           23063         Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw         85.0         3.0 oz         1.115           23312         Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, raw         85.0         3.0 oz	10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	85.0	3.0 oz	1.118
21427 KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed   86.0   1.0 thigh without skin   1.116	23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.117
05062         Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw         85.0         3.0 oz         1.116           17426         Veal, leg, top round, cap off, cutlet, boneless, raw         85.0         3.0 oz         1.116           23577         Beef, ground, 75% lean meat / 25% fat, raw         113.0         4.0 oz         1.115           17241         Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted         85.0         3.0 oz         1.115           08159         Cereals, corn grits, yellow, regular and quick, enriched, dry         170.0         1.0 cup         1.115           23656         Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw         85.0         3.0 oz         1.115           23063         Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw         85.0         3.0 oz         1.115           23312         Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw         114.0         4.0 oz         1.115           10963         Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw         85.0         3.0 oz         1.114           13148         Beef, rib, shortribs, separable lean and fat, choice, cooked, braised         85.0         3.0 oz         1.114	17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	113.0	4.0 oz	1.116
17426       Veal, leg, top round, cap off, cutlet, boneless, raw       85.0       3.0 oz       1.116         23577       Beef, ground, 75% lean meat / 25% fat, raw       113.0       4.0 oz       1.115         17241       Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted       85.0       3.0 oz       1.115         08159       Cereals, corn grits, yellow, regular and quick, enriched, dry       170.0       1.0 cup       1.115         23656       Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw       85.0       3.0 oz       1.115         23063       Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw       85.0       3.0 oz       1.115         23312       Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw       114.0       4.0 oz       1.115         10963       Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw       85.0       3.0 oz       1.114         13148       Beef, rib, shortribs, separable lean and fat, choice, cooked, braised       85.0       3.0 oz       1.114         05039       Chicken, broilers or fryers, light meat, meat only, raw       88.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       1.114         05627       Emu, full rump, cooked,	21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	86.0	1.0 thigh without skin	1.116
Beef, ground, 75% lean meat / 25% fat, raw	05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	85.0	3.0 oz	1.116
17241 Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted 85.0 3.0 oz 1.115  08159 Cereals, corn grits, yellow, regular and quick, enriched, dry 170.0 1.0 cup 1.115  23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.115  23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw 85.0 3.0 oz 1.115  23312 Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw 114.0 4.0 oz 1.115  10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw 85.0 3.0 oz 1.114  13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised 85.0 3.0 oz 1.114  05039 Chicken, broilers or fryers, light meat, meat only, raw 88.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.114  05627 Emu, full rump, cooked, broiled 85.0 1.0 serving (3 oz) 1.113	17426	Veal, leg, top round, cap off, cutlet, boneless, raw	85.0	3.0 oz	1.116
Cereals, corn grits, yellow, regular and quick, enriched, dry  170.0  1.0 cup  1.115  23656 Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw  85.0  3.0 oz  1.115  23063 Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw  85.0  3.0 oz  1.115  23312 Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw  114.0  4.0 oz  1.115  13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  05039 Chicken, broilers or fryers, light meat, meat only, raw  88.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  1.114  05627 Emu, full rump, cooked, broiled	23577	Beef, ground, 75% lean meat / 25% fat, raw	113.0	4.0 oz	1.115
Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw  85.0  3.0 oz  1.115  23063  Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw  85.0  3.0 oz  1.115  23312  Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw  114.0  4.0 oz  1.115  13148  Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  85.0  3.0 oz  1.114  13148  Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  85.0  3.0 oz  1.114  105039  Chicken, broilers or fryers, light meat, meat only, raw  88.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  1.114  1.115	17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	85.0	3.0 oz	1.115
Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw  Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust. marble score 9, raw  114.0  Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw  85.0  3.0 oz  1.115  114.0  4.0 oz  1.115  13148  Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  85.0  3.0 oz  1.114  05039  Chicken, broilers or fryers, light meat, meat only, raw  88.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  1.114  05627  Emu, full rump, cooked, broiled	08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	170.0	1.0 cup	1.115
Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust.  114.0  Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean only, Aust.  114.0  10963  Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw  85.0  3.0 oz  1.115  13148  Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  85.0  3.0 oz  1.114  05039  Chicken, broilers or fryers, light meat, meat only, raw  88.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  1.114  05627  Emu, full rump, cooked, broiled  85.0  1.0 serving (3 oz)  1.113	23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.115
marble score 9, raw  10963 Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw  13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  13148 Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  13149 Chicken, broilers or fryers, light meat, meat only, raw  13140 4.0 oz 1.115  13140 4.0 oz 1.115  13141 85.0 3.0 oz 1.114  13141 85.0 1.0 unit (yield from 1 lb ready-to-cook chicken)  13141 1.115  13142 1.115	23063		85.0	3.0 oz	1.115
Beef, rib, shortribs, separable lean and fat, choice, cooked, braised  85.0  3.0 oz  1.114  Chicken, broilers or fryers, light meat, meat only, raw  88.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  Emu, full rump, cooked, broiled  85.0  1.0 serving (3 oz )  1.113	23312		114.0	4.0 oz	1.115
Chicken, broilers or fryers, light meat, meat only, raw  88.0 1.0 unit (yield from 1 lb ready-to-cook chicken)  1.114  85.0 1.0 unit (yield from 1 lb ready-to-cook chicken) 1.113	10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.114
05627 Emu, full rump, cooked, broiled 85.0 1.0 serving (3 oz ) 1.113	13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	85.0	3.0 oz	1.114
	05039	Chicken, broilers or fryers, light meat, meat only, raw	88.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.114
15083 Fish, salmon, pink, raw 85.0 3.0 oz 1.112	05627	Emu, full rump, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.113
	15083	Fish, salmon, pink, raw	85.0	3.0 oz	1.112

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	85.0	3.0 oz	1.112
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	85.0	3.0 oz	1.112
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.112
15081	Fish, salmon, coho, wild, raw	85.0	3.0 oz	1.111
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.110
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	653.0	1.0 serving	1.110
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	85.0	3.0 oz	1.110
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.110
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	85.0	3.0 oz	1.110
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	85.0	3.0 oz	1.110
05332	Chicken, ground, raw	112.0	4.0 oz crumbled	1.110
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.109
36016	Restaurant, family style, shrimp, breaded and fried	169.0	1.0 serving	1.109
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.108
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.107
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.107
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.107
13326	Beef, variety meats and by-products, liver, cooked, braised	68.0	1.0 slice	1.106
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	114.0	4.0 oz	1.106
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	85.0	3.0 oz	1.105
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	85.0	3.0 oz	1.105
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.105
17107	Veal, loin, separable lean only, raw	85.0	3.0 oz	1.105
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	137.0	1.0 cup	1.104
15214	Fish, seatrout, mixed species, cooked, dry heat	85.0	3.0 oz	1.103
10868	Pork, cured, ham water added, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.103
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.103
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	85.0	3.0 oz	1.102
15080	Fish, salmon, chum, canned, drained solids with bone	85.0	3.0 oz	1.102
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.102
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	85.0	3.0 oz	1.102
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	131.0	1.0 cup	1.099
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.098
17000	Veal, Australian, rib, rib roast, separable lean only, raw	85.0	3.0 oz	1.097
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	85.0	3.0 oz	1.097

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.097
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	85.0	3.0 oz	1.097
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.096
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.096
14067	Beverages, Protein powder soy based	45.0	1.0 scoop	1.095
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.095
05100	Chicken, broilers or fryers, wing, meat and skin, raw	107.0	1.0 piece	1.095
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.094
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	95.0	1.0 thigh	1.093
15238	Fish, salmon, coho, farmed, raw	85.0	3.0 oz	1.093
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.093
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	166.0	1.0 sandwich	1.092
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.092
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	85.0	3.0 oz	1.091
23319	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.090
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	85.0	3.0 oz	1.090
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	113.0	4.0 oz	1.089
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.089
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	85.0	3.0 oz	1.089
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	85.0	3.0 oz	1.089
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.087
05185	Turkey from whole, light meat, raw	85.0	1.0 serving	1.087
05227	Turkey, wing, from whole bird, meat only, raw	85.0	3.0 oz	1.087
05738	Turkey, drumstick, from whole bird, meat only, raw	85.0	3.0 oz	1.087
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	113.0	4.0 oz	1.087
01020	Cheese, fontina	132.0	1.0 cup, diced	1.086
20009	Buckwheat groats, roasted, dry	164.0	1.0 cup	1.086
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.085
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.085
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.085
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.084
01167	Cheese, mexican, queso chihuahua	132.0	1.0 cup, diced	1.084
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.083
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.082

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21120	Fast foods, hotdog, with corn flour coating (corndog)	175.0	1.0 sandwich	1.082
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	114.0	4.0 oz	1.081
15236	Fish, salmon, Atlantic, farmed, raw	85.0	3.0 oz	1.080
05310	Chicken, cornish game hens, meat only, cooked, roasted	85.0	3.0 oz	1.080
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.080
15164	Mollusks, mussel, blue, raw	150.0	1.0 cup	1.080
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	85.0	3.0 oz	1.080
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.080
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.080
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.080
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.079
15095	Fish, shark, mixed species, raw	85.0	3.0 oz	1.079
36019	APPLEBEE'S, chili	136.0	1.0 cup	1.078
36037	Restaurant, family style, chili with meat and beans	136.0	1.0 cup	1.078
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	85.0	3.0 oz	1.078
15018	Fish, cod, Atlantic, dried and salted	28.35	1.0 oz	1.077
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.077
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.077
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.076
23094	Beef, chuck for stew, separable lean and fat, select, raw	85.0	3.0 oz	1.076
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.075
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.075
15232	Fish, roughy, orange, cooked, dry heat	85.0	3.0 oz	1.075
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.075
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.074
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.074
17343	Game meat, deer, ground, raw	85.0	1.0 patty (cooked from 4 oz raw)	1.073
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	85.0	3.0 oz	1.073
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.073
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	85.0	3.0 oz	1.073
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.072
10865	Pork, cured, ham water added, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.072
15226	Crustaceans, crab, dungeness, cooked, moist heat	85.0	3.0 oz	1.072
13329	Beef, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.071
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	85.0	3.0 oz	1.071
05629	Emu, inside drums, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.070

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15036	Fish, halibut, Atlantic and Pacific, raw	85.0	3.0 oz	1.070
15241	Fish, trout, rainbow, farmed, cooked, dry heat	71.0	1.0 fillet	1.070
05137	Chicken, capons, giblets, raw	115.0	1.0 giblets	1.070
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	85.0	3.0 oz	1.069
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	85.0	3.0 oz	1.069
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.069
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.068
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.068
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	85.0	3.0 oz	1.068
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.068
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.068
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.068
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.067
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.067
15084	Fish, salmon, pink, canned, total can contents	85.0	3.0 oz	1.067
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.067
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	115.0	1.0 serving	1.066
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.066
20071	Wheat, hard red spring	192.0	1.0 cup	1.066
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.065
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	1.065
17206	Lamb, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	1.065
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.065
15105	Fish, sturgeon, mixed species, cooked, dry heat	85.0	3.0 oz	1.064
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.063
23095	Beef, chuck for stew, separable lean and fat, choice, raw	85.0	3.0 oz	1.063
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.062
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	85.0	3.0 oz	1.062
10024	Pork, fresh, loin, whole, separable lean only, raw	85.0	3.0 oz	1.061
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	85.0	3.0 oz	1.060
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.060
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	85.0	3.0 oz	1.060
12206	Nuts, almonds, honey roasted, unblanched	144.0	1.0 cup whole kernels	1.060

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	85.0	3.0 oz	1.059
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.058
15222	Fish, turbot, european, cooked, dry heat	85.0	3.0 oz	1.057
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.057
17330	Game meat, bison, ground, raw	85.0	1.0 serving ( 3 oz )	1.057
05717	Turkey, retail parts, thigh, meat only, raw	85.0	3.0 oz	1.057
15053	Fish, milkfish, raw	85.0	3.0 oz	1.056
15140	Crustaceans, crab, blue, cooked, moist heat	118.0	1.0 cup, flaked and pieces	1.055
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.055
15101	Fish, snapper, mixed species, raw	85.0	3.0 oz	1.054
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.054
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	85.0	3.0 oz	1.054
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.054
36611	DENNY'S, mozzarella cheese sticks	228.0	1.0 serving	1.053
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	85.0	3.0 oz	1.053
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.053
15115	Fish, trout, rainbow, wild, raw	85.0	3.0 oz	1.053
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	85.0	3.0 oz	1.052
17221	Lamb, variety meats and by-products, tongue, cooked, braised	85.0	3.0 oz	1.051
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.051
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	71.0	1.0 drumstick	1.051
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	590.0	1.0 serving	1.050
07005	Blood sausage	100.0	4.0 slices	1.050
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.050
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.049
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.049
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.049
10867	Pork, cured, ham water added, shank, bone-in, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.047
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.047
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.046
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.046
15001	Fish, anchovy, european, raw	85.0	3.0 oz	1.046
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	1.046
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.046
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.045

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.045
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.045
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.045
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	113.0	4.0 oz	1.045
10915	Pork, cured, ham water added, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	1.043
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.043
15049	Fish, mackerel, king, raw	85.0	3.0 oz	1.043
01034	Cheese, port de salut	132.0	1.0 cup, diced	1.043
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	85.0	3.0 oz	1.042
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.042
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	85.0	3.0 oz	1.042
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.041
05167	Turkey, whole, meat only, raw	85.0	3.0 oz	1.040
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.040
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	85.0	3.0 oz	1.040
15097	Fish, sheepshead, raw	85.0	3.0 oz	1.039
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	113.0	4.0 oz	1.038
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.038
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.037
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.037
21259	BURGER KING, Original Chicken Sandwich	199.0	1.0 sandwich	1.037
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	115.0	1.0 serving	1.036
05621	Emu, ground, raw	117.0	1.0 patty	1.035
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.035
15079	Fish, salmon, chum, raw	85.0	3.0 oz	1.035
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	85.0	3.0 oz	1.035
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.034
05181	Turkey from whole, light meat, meat and skin, raw	85.0	3.0 oz	1.034
05624	Emu, fan fillet, cooked, broiled	85.0	1.0 serving ( 3 oz )	1.034
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	113.0	4.0 oz	1.033
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	85.0	3.0 oz	1.033
05180	Turkey from whole, neck, meat only, cooked, simmered	85.0	1.0 serving	1.033
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.033
05057	Chicken, broilers or fryers, breast, meat and skin, raw	87.0	0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken)	1.033

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15050	Fish, mackerel, Pacific and jack, mixed species, raw	85.0	3.0 oz	1.032
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	85.0	1.0 serving	1.032
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	74.0	1.0 serving	1.032
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.031
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	85.0	3.0 oz	1.031
15078	Fish, salmon, chinook, raw	85.0	3.0 oz	1.031
23321	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 4/5, raw	114.0	4.0 oz	1.031
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.030
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	1.030
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	85.0	3.0 oz	1.030
17351	Veal, Australian, shank, hind, bone-in, separable lean only, raw	85.0	3.0 oz	1.030
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	144.0	1.0 cup	1.030
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	144.0	1.0 cup	1.030
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.029
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	85.0	3.0 oz	1.029
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	95.0	1.0 thigh	1.029
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.028
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	113.0	4.0 oz	1.028
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.028
05734	Turkey, retail parts, wing, meat and skin, raw	85.0	3.0 oz	1.028
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.026
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	67.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	1.026
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	85.0	3.0 oz	1.025
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.025
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.024
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	1.024
15133	Fish, whiting, mixed species, cooked, dry heat	72.0	1.0 fillet	1.022
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	1.022
17349	Veal, Australian, shank, fore, bone-in, separable lean only, raw	85.0	3.0 oz	1.020
15076	Fish, salmon, Atlantic, wild, raw	85.0	3.0 oz	1.020
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.020
15132	Fish, whiting, mixed species, raw	92.0	1.0 fillet	1.019
15110	Fish, swordfish, raw	85.0	3.0 oz	1.018
16122	Soy protein isolate	28.35	1.0 oz	1.017
16422	Soy protein isolate, potassium type	28.35	1.0 oz	1.017

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	85.0	3.0 oz	1.017
15019	Fish, cod, Pacific, raw (may have been previously frozen)	116.0	1.0 fillet	1.017
21267	TACO BELL, BURRITO SUPREME with steak	248.0	1.0 item	1.017
05742	Turkey, retail parts, thigh, meat and skin, raw	85.0	3.0 oz	1.017
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	85.0	3.0 oz	1.017
17373	Lamb, New Zealand, imported, heart, raw	113.0	4.0 oz	1.016
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.016
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	85.0	3.0 oz	1.015
05160	Squab, (pigeon), meat and skin, raw	85.0	3.0 oz	1.015
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.015
17104	Veal, loin, separable lean and fat, raw	85.0	3.0 oz	1.015
13498	Beef, ground, 70% lean meat / 30% fat, raw	113.0	4.0 oz	1.015
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.013
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	1.013
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	113.0	4.0 oz	1.012
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.012
21004	Fast foods, biscuit, with egg and ham	182.0	1.0 biscuit	1.012
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	1.011
20138	Wheat, KAMUT khorasan, uncooked	186.0	1.0 cup	1.010
05165	Turkey, whole, meat and skin, raw	85.0	3.0 oz	1.010
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	230.0	1.0 cup	1.010
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	230.0	1.0 cup	1.010
21014	Fast foods, croissant, with egg, cheese, and sausage	171.0	1.0 sandwich	1.009
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	171.0	1.0 sandwich	1.009
10913	Pork, cured, ham water added, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	1.008
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.008
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	85.0	3.0 oz	1.006
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	85.0	3.0 oz	1.006
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	85.0	3.0 oz	1.006
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.002
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	1.001
07057	Pepperoni, beef and pork, sliced	85.0	3.0 oz	1.001
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	1.000

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	85.0	3.0 oz	1.000
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	85.0	3.0 oz	1.000
17428	Veal, shank, separable lean only, raw	85.0	3.0 oz	1.000
20035	Quinoa, uncooked	170.0	1.0 cup	1.000
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	1.000
15065	Fish, pollock, Atlantic, raw	85.0	3.0 oz	1.000
01029	Cheese, mozzarella, low moisture, part-skim	132.0	1.0 cup, diced	0.999
11853	Soybeans, green, cooked, boiled, drained, with salt	180.0	1.0 cup	0.999
11451	Soybeans, green, cooked, boiled, drained, without salt	180.0	1.0 cup	0.999
12086	Nuts, cashew nuts, oil roasted, without salt added	129.0	1.0 cup, whole	0.998
12586	Nuts, cashew nuts, oil roasted, with salt added	129.0	1.0 cup, whole	0.998
15219	Fish, trout, mixed species, cooked, dry heat	62.0	1.0 fillet	0.998
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.997
15240	Fish, trout, rainbow, farmed, raw	79.0	1.0 fillet	0.997
06006	Soup, bean with frankfurters, canned, condensed	263.0	1.0 cup (8 fl oz)	0.997
15031	Fish, grouper, mixed species, raw	85.0	3.0 oz	0.996
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	103.0	1.0 serving	0.996
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.995
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.995
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.994
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	85.0	3.0 oz	0.994
15156	Mollusks, abalone, mixed species, cooked, fried	85.0	3.0 oz	0.994
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	85.0	3.0 oz	0.994
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.994
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.993
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	170.0	1.0 cup	0.993
15114	Fish, trout, mixed species, raw	79.0	1.0 fillet	0.992
21266	TACO BELL, BURRITO SUPREME with chicken	248.0	1.0 item	0.992
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.992
15051	Fish, mackerel, spanish, raw	85.0	3.0 oz	0.992
05011	Chicken, broilers or fryers, meat only, raw	85.0	3.0 oz	0.992
22529	Beef Pot Pie, frozen entree, prepared	268.0	1.0 pie, cooked (average weight)	0.992
01009	Cheese, cheddar	132.0	1.0 cup, diced	0.991
17131	Veal, shoulder, blade chop, separable lean only, raw	85.0	3.0 oz	0.991
15154	Crustaceans, spiny lobster, mixed species, raw	85.0	3.0 oz	0.991
23567	Beef, ground, 85% lean meat / 15% fat, raw	85.0	3.0 oz	0.990

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	85.0	3.0 oz	0.990
15062	Fish, pike, northern, raw	85.0	3.0 oz	0.990
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.989
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.989
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.989
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.989
13325	Beef, variety meats and by-products, liver, raw	85.0	3.0 oz	0.989
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	85.0	3.0 oz	0.987
21022	Fast foods, english muffin, with egg, cheese, and sausage	165.0	1.0 item	0.987
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.986
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.986
05125	Chicken, stewing, meat only, raw	85.0	3.0 oz	0.986
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.985
10130	Canadian bacon, unprepared	85.0	3.0 oz	0.985
10020	Pork, fresh, loin, whole, separable lean and fat, raw	85.0	3.0 oz	0.984
01139	Egg, goose, whole, fresh, raw	144.0	1.0 egg	0.984
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.983
15064	Fish, pike, walleye, raw	85.0	3.0 oz	0.983
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.982
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.982
15130	Fish, whitefish, mixed species, raw	85.0	3.0 oz	0.981
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	85.0	3.0 oz	0.981
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	85.0	3.0 oz	0.980
21008	Fast foods, biscuit, with ham	162.0	1.0 biscuit	0.978
05187	Turkey from whole, dark meat, meat only, raw	85.0	1.0 serving	0.978
05740	Turkey, thigh, from whole bird, meat only, raw	85.0	3.0 oz	0.978
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.978
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.977
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.977
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	461.0	1.0 serving	0.977
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.977
15044	Fish, ling, raw	85.0	3.0 oz	0.976
17435	Veal, shank, separable lean and fat, raw	85.0	3.0 oz	0.975
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	85.0	3.0 oz	0.974
16426	Tofu, raw, firm, prepared with calcium sulfate	126.0	0.5 cup	0.974

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.973
17352	Veal, Australian, shank, hind, bone-in, separable lean and fat	85.0	3.0 oz	0.972
15033	Fish, haddock, raw	85.0	3.0 oz	0.972
15090	Fish, scup, raw	85.0	3.0 oz	0.971
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.969
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	90.0	1.0 fillet	0.968
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.968
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	85.0	3.0 oz	0.967
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.967
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	71.0	1.0 drumstick	0.967
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.966
07008	Bologna, beef and pork	100.0	3.527 oz	0.966
07979	Sausage, pork, turkey, and beef, reduced sodium	85.0	3.0 oz	0.966
07074	Smoked link sausage, pork	68.0	1.0 link (4" long x 1-1/8" dia)	0.965
05080	Chicken, broilers or fryers, leg, meat only, raw	85.0	3.0 oz	0.965
16145	Beans, kidney, red, mature seeds, canned, drained solids	266.0	1.0 can drained solids	0.963
12585	Nuts, cashew nuts, dry roasted, with salt added	137.0	1.0 cup, halves and whole	0.962
12085	Nuts, cashew nuts, dry roasted, without salt added	137.0	1.0 cup, halves and whole	0.962
17350	Veal, Australian, shank, fore, bone-in, separable lean and fat, raw	85.0	3.0 oz	0.961
05632	Emu, top loin, cooked, broiled	85.0	1.0 serving ( 3 oz )	0.960
15011	Fish, catfish, channel, cooked, breaded and fried	87.0	1.0 fillet	0.960
36401	Restaurant, Latino, chicken and rice, entree, prepared	141.0	1.0 cup	0.959
05704	Turkey, whole, meat only, with added solution, raw	85.0	3.0 oz	0.959
01019	Cheese, feta	150.0	1.0 cup, crumbled	0.959
05152	Guinea hen, meat only, raw	85.0	3.0 oz	0.957
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	54.0	1.0 steak	0.957
01204	Cheese, parmesan, dry grated, reduced fat	100.0	1.0 cup	0.956
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	113.0	4.0 oz	0.956
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	85.0	3.0 oz	0.955
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	85.0	3.0 oz	0.955
15203	Fish, monkfish, cooked, dry heat	85.0	3.0 oz	0.955
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.955
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.952
01129	Egg, whole, cooked, hard-boiled	136.0	1.0 cup, chopped	0.952

1419   SFC. Fried Claicker, ENTRA CRISPY. Drumerick, ment and skin with breading   \$1.0   1.0 dumstack with skin   0.952   0.951   0.051   0	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
1338   Befr, variety mets and by-products, thymus, cooked, braised   85.0   3.0 oz   0.951	21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	81.0	1.0 drumstick, with skin	0.952
1338   Beef, variety means and by-products, thymus, cooked, braised   85.0   3.0 oz   0.951     1741   Lumb, New Cedamd, imported, netted shoulder, redeel, boneless, separable lean and fat, raw   115.0   1.0 unit (yield from 1 lb ready-to-cook clicken)   0.948     18025   Fish, eef, mixed species, raw   85.0   1.0 unit (yield from 1 lb ready-to-cook clicken)   0.948     18025   Fish, eef, mixed species, raw   85.0   3.0 oz   0.948     18025   Fish, eef, mixed species, raw   85.0   3.0 oz   0.948     18025   Fish, ballont, greenfluid, cooked, dry bear   85.0   3.0 oz   0.947     18128   Veal, shoulder, blade chap, separable lean and fat, raw   85.0   3.0 oz   0.947     18128   Veal, shoulder, blade chap, separable lean and fat, raw   85.0   3.0 oz   0.945     18339   Beff, chack, funct blade ceater stack, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, separable ceater stack, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, separable ceater stack, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, separable ceater stack, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, separable ceater stack, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, separable lean only, trimmed to 18° fat, choice, raw   85.0   1.0 drumstick, with skin   0.942	15023	Fish, mahimahi, raw	85.0	3.0 oz	0.951
17414   Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw   113.0   1.0 unit (yield from 11b ready-to-cobe chicken)   0.948   18025   Fish, ett, mixed species, raw   8.50   3.0 m   3.0 m   0.948   18196   Fish, halburg, greenland, cooked, day heat   8.50   3.0 m   3.0 m   0.948   18196   Fish, halburg, greenland, cooked, day heat   8.50   3.0 m   3.0 m   0.948   18196   Fish, halburg, greenland, cooked, day heat   8.50   3.0 m   3.0 m   0.946   18128   Veal, shoulder, blade chop, separable lean and fat, raw   8.50   3.0 m   3.0 m   0.945   18128   Veal, shoulder, blade chop, separable lean and fat, raw   8.50   3.0 m   3.0 m   0.945   18128   Seef, chuck, under blade center steak, bounders, blade and only   8.50   3.0 m   0.945   181359   Beef, chuck, under blade center steak, bounders, blade and only   0.945   18124   Fast fronts, submarine sandwich, cold cut on white heead with lettace and tomato   196.0   6.0 inch sub   0.943   18113   Chicken, cossting, marca only, raw   8.50   3.0 m   0.945   18124   SubwAy, cold cut sub on white heead with lettace and tomato   196.0   6.0 inch sub   0.943   18135   KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942   18145   KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942   18148   Veal, ground, raw   8.50   3.0 m   0.949   18149   Pork, cured, ham — water added, slice, boneless, separable lean only, heated, pun-broid   85.0   1.0 drumstick, with skin   0.943   18147   Veal, ground, raw   8.50   3.0 m   0.949   18149   Reef, indep ve standing, submer in lips may experable lean and fat, rimmed to 10.8" fat, choice, raw   85.0   3.0 m   0.949   18149   Reef, cured, ham — water added, slice, boneless, separable lean and fat, rimmed to 10.8" fat, choice, raw   85.0   3.0 m   0.949   18149   Reef, knew Zealand, imported, bricket ravel end, separable lean and fat, rimmed to 10.8" fat, choice, raw	05144	Duck, wild, meat and skin, raw	85.0	3.0 oz	0.951
Chicken, broilers or fryers, breast, meat only, cooked, fried   52.0   1.0 unit (yield from 1 lb ready-to-cook chicken)   0.948   1502   15th, cel, mixed species, raw   85.0   3.0 oz   0.948   2224   8acf, plase steak, brooless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 oz   0.947   17128   Veal, shoulder, blade chup, separable lean and fat, raw   85.0   3.0 oz   0.947   17128   Veal, shoulder, blade chup, separable lean and fat, row   85.0   3.0 oz   0.945   17128   Veal, shoulder, blade chup, separable lean and fat, row   85.0   3.0 oz   0.945   17128   Veal, shoulder, blade center steak, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, chick, row   85.0   3.0 oz   0.945   17128   Veal, shoulder, blade center steak, boneless, Deriver Cut, separable lean only, trimmed to 0" fat, chick, row   85.0   3.0 oz   0.945   17124   Veal foods, sebmarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 linch sub   0.943   17124   Veal foods, sebmarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 linch sub   0.943   17124   Veal, constain, meat only, raw   85.0   3.0 oz   0.945   17124   Veal, constain, meat only, raw   85.0   3.0 oz   0.945   17124   Veal, ground, row   85.0   3.0 oz   0.945   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, meat and skin vith bread with betting   185.0   1.0 drumstick, with skin   0.942   17124   Veal, ground, row   196.0   1.0 drumstick, with skin   0.943   1.0 drumstick, with skin   0.943   1.0 drumstick, with skin   0.943   1.0 drumstick, with skin   0.	13338	Beef, variety meats and by-products, thymus, cooked, braised	85.0	3.0 oz	0.951
15025   Fish, tell, mixed species, raw	17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	113.0	4.0 oz	0.949
23224   Becf., plate steak, baneless, ourside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw   85.0   3.0 co   0.948     15196   Fish, halibut, greenland, cooked, dry heat   85.0   3.0 co   0.947     17128   Veal, shoulder, blade chop, separable lean and fat, raw   85.0   3.0 co   0.946     17128   Veal, shoulder, blade center steak, boncless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw   85.0   3.0 co   0.945     13359   Becf., cluck, under blade center steak, boncless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw   85.0   3.0 co   0.945     1345   SUBWAY, cold cut sub on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1213   SUBWAY, cold cut sub on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1213   Chicken, rossing, meat only, raw   85.0   3.0 co   0.943     1214   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1214   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1213   Chicken, rossing, meat only, raw   85.0   3.0 co   0.943     1214   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1214   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 inch sub   0.943     1214   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   3.0 co   0.943     1215   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   3.0 co   0.942     1216   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   3.0 co   0.942     1217   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   3.0 co   0.942     1218   First foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   3.0 co   0.943     1218   First foods,	05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.948
15196   Fish, hailbut, greenland, cooked, dry heat   85.0   3.0 oz   0.947   17128   Veal, shoulder, blade chops, separable lean and fat, raw   85.0   3.0 oz   0.946   0.5693   Chicken, broiler, rotiscrie, BRQ, back meat only   85.0   3.0 oz   0.945	15025	Fish, eel, mixed species, raw	85.0	3.0 oz	0.948
17128   Veal, shoulder, blade chop, separable lean and fat, raw   85.0   3.0 oz   0.946     1728   Chicken, briller, trotisserie, BRQ, back meat only   85.0   3.0 oz   0.945     1728   Ref, chuck, under blade center steak, boncless, Deriver Cut, separable lean only, trimmed to 0" fat, choice, raw   85.0   3.0 oz   0.945     1724   Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 linch sub   0.943     1724   Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   196.0   6.0 linch sub   0.943     1724   SUBWAY, cold cut sub on white bread with lettuce and tomato   196.0   6.0 linch sub   0.943     1724   Chicken, rostsing, meat only, raw   85.0   3.0 oz   0.943     1725   KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942     1725   Ref, rib eye steak/rosts, bone-in, lip-on, separable lean and fat, trimmed to 1.8" fat, choice, raw   85.0   3.0 oz   0.943     1724   Veal, ground, raw   85.0   1.0 serving (3 oz)   0.942     1724   Veal, ground, raw   85.0   3.0 oz   0.939     1724   Veal, ground, raw   85.0   3.0 oz   0.939     1724   Veal, ground, raw   85.0   3.0 oz   0.939     1724   Veal, ground, imported, brisket navel end, separable lean and fat, raw   114.0   4.0 oz   0.938     1724   Oric, cured, harm - water added, shank, bone-in, separable lean and fat, raw   114.0   4.0 oz   0.938     1725   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1725   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1725   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1726   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1726   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1726   Oric, fresh, shoulder, Gloston burly, bladded solution, raw   85.0   3.0 oz   0.936     1727   Oric, fresh, sh	23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.948
Chicken, broiler, rotiserie, BBQ, back ment only   S5.0   3.0 oz   0.945     1359   Ref., chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw   S5.0   3.0 oz   0.945     21124   Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato   1960   6.0 inch sub   0.943     21213   SUBWAY, cold cut sub on white bread with lettuce and tomato   1960   6.0 inch sub   0.943     21214   Chicken, roasting, meat only, raw   85.0   3.0 oz   0.943     2135   SUBWAY, cold cut sub on white bread with lettuce and tomato   1960   6.0 inch sub   0.943     21415   Chicken, roasting, meat only, raw   85.0   3.0 oz   0.943     21415   KFC, Fried Chicken, ORIGINAL RECUPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942     21435   KFC, Fried Chicken, ORIGINAL RECUPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942     21436   Ref., rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw   85.0   3.0 oz   0.942     21437   Veal, ground, raw	15196	Fish, halibut, greenland, cooked, dry heat	85.0	3.0 oz	0.947
Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw choice, raw   1960   6.0 inch sub   0.943	17128	Veal, shoulder, blade chop, separable lean and fat, raw	85.0	3.0 oz	0.946
15359   Choice, raw	05693	Chicken, broiler, rotisserie, BBQ, back meat only	85.0	3.0 oz	0.945
SUBWAY, cold cut sub on white bread with lettuce and tomato   1960   6.0 inch sub   0.948	13359		85.0	3.0 oz	0.945
05113         Chicken, roasting, meat only, raw         85.0         3.0 oz         0.943           05716         Turkey, retail parts, drumstick, meat only, raw         85.0         3.0 oz         0.943           21435         KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading         75.0         1.0 drumstick, with skin         0.942           23193         Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         1.0 serving (3 oz)         0.942           10878         Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil         85.0         1.0 serving (3 oz)         0.942           11742         Veal, ground, raw         85.0         3.0 oz         0.939           13347         Beef, cured, corned beef, brisket, cooked         85.0         3.0 oz         0.939           23449         Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw         114.0         4.0 oz         0.938           05882         Chicken, dark meat, thigh, meat only, with added solution, raw         85.0         3.0 oz         0.937           10914         Pork, cured, ham water added, shank, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         3.0 oz         0.936           13791         Beef, chuck eye roast, b	21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	196.0	6.0 inch sub	0.943
05716         Turkey, retail parts, drumstick, meat only, raw         85.0         3.0 oz         0.943           21435         KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading         75.0         1.0 drumstick, with skin         0.942           23193         Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         3.0 oz         0.942           10878         Pork, cured, ham — water added, slice, boneless, separable lean only, heated, pan-broil         85.0         1.0 serving (3 oz)         0.942           17142         Veal, ground, raw         85.0         3.0 oz         0.939           13347         Beef, cured, corned beef, brisket, cooked         85.0         3.0 oz         0.939           23449         Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw         114.0         4.0 oz         0.938           05682         Chicken, dark meat, thigh, meat only, with added solution, raw         85.0         3.0 oz         0.937           10914         Pork, cured, ham — water added, shank, bone-in, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         1.0 serving (3 oz)         0.936           13791         Beef, brisket, Boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw         85.0         3.0 oz         0.933	21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	196.0	6.0 inch sub	0.943
21435   KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading   75.0   1.0 drumstick, with skin   0.942     23193   Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw   85.0   1.0 serving (3 oz)   0.942     10878   Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil   85.0   1.0 serving (3 oz)   0.942     17142   Veal, ground, raw   85.0   3.0 oz   0.939     13347   Beef, cured, corned beef, brisket, cooked   85.0   3.0 oz   0.939     23449   Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw   114.0   4.0 oz   0.938     25452   Chicken, dark meat, thigh, meat only, with added solution, raw   85.0   3.0 oz   0.937     10914   Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted   85.0   1.0 serving (3 oz)   0.936     23658   Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw   85.0   3.0 oz   0.935     1084   Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   0.935     13791   Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   0.933     1085   Pork, cured, ham water added, shank, bone-in, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   0.933     1086   Pork, cured, ham water added, shank, bone-in, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   0.933     1086   Fish, shark, mixed species, cooked, batter-dipped and fried   85.0   3.0 oz   0.932     10916   Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil   85.0   1.0 serving (3 oz)   0.932     10916   Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil   85.0   1.0 serving (3 oz)   0.932     10918   Cheese, provolone, reduced fat   1.0 cup, diced   0.932	05113	Chicken, roasting, meat only, raw	85.0	3.0 oz	0.943
23193         Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         3.0 oz         0.942           10878         Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil         85.0         1.0 serving (3 oz)         0.939           13347         Beef, cured, corned beef, brisket, cooked         85.0         3.0 oz         0.939           23449         Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw         114.0         4.0 oz         0.938           05682         Chicken, dark meat, thigh, meat only, with added solution, raw         85.0         3.0 oz         0.937           10914         Pork, cured, ham water added, shank, bone-in, separable lean and fat, triamed to 1/8" fat, choice, raw         85.0         1.0 serving (3 oz)         0.936           23658         Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         3.0 oz         0.936           1084         Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw         85.0         3.0 oz         0.935           13791         Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw         85.0         3.0 oz         0.933           10885         Pork, cured, ham water added, shank, bone-in, separable lean and fat, co	05716	Turkey, retail parts, drumstick, meat only, raw	85.0	3.0 oz	0.943
10878         Pork, cured, ham – water added, slice, boneless, separable lean only, heated, pan-broil         85.0         1.0 serving (3 oz)         0.942           17142         Veal, ground, raw         85.0         3.0 oz         0.939           13347         Beef, cured, corned beef, brisket, cooked         85.0         3.0 oz         0.939           23449         Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw         114.0         4.0 oz         0.938           05682         Chicken, dark meat, thigh, meat only, with added solution, raw         85.0         3.0 oz         0.937           10914         Pork, cured, ham – water added, shank, bone-in, separable lean and fat, heated, roasted         85.0         1.0 serving (3 oz)         0.936           23658         Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw         85.0         3.0 oz         0.936           10084         Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw         85.0         3.0 oz         0.935           13791         Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw         85.0         3.0 oz         0.933           10885         Pork, cured, ham – water added, shank, bone-in, separable lean only, unheated         85.0         3.0 oz         0.933	21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	75.0	1.0 drumstick, with skin	0.942
17142   Veal, ground, raw   85.0   3.0 oz   0.939     13347   Beef, cured, corned beef, brisket, cooked   85.0   3.0 oz   0.939     23449   Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw   114.0   4.0 oz   0.938     105682   Chicken, dark meat, thigh, meat only, with added solution, raw   85.0   3.0 oz   0.937     10914   Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted   85.0   1.0 serving (3 oz)   0.936     23658   Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw   85.0   3.0 oz   0.936     10084   Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw   85.0   3.0 oz   0.935     13791   Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw   85.0   3.0 oz   0.933     10885   Pork, cured, ham water added, shank, bone-in, separable lean only, unheated   85.0   3.0 oz   0.933     10960   Triticale   192.0   1.0 cup   0.933     15096   Fish, shark, mixed species, cooked, batter-dipped and fried   85.0   3.0 oz   0.932     17081   Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted   85.0   1.0 serving   0.932     10916   Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil   85.0   1.0 serving   0.932     10918   Cheese, provolone, reduced fat   132.0   1.0 cup, diced   0.932     10919   1008   1008   1008   1008   1008   1008   1008   1008     1008   1008   1008   1008   1008   1008   1008   1008     1008   1008   1008   1008   1008     1008   1008   1008   1008   1008     1008   1008   1008   1008     1008   1008   1008   1008     1008   1008   1008   1008     1008   1008   1008     1008   1008   1008     1008   1008   1008     1008   1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     1008   1008     100	23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.942
Beef, cured, corned beef, brisket, cooked   85.0   3.0 oz   0.939	10878	Pork, cured, ham water added, slice, boneless, separable lean only, heated, pan-broil	85.0	1.0 serving (3 oz)	0.942
23449       Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw       114.0       4.0 oz       0.938         05682       Chicken, dark meat, thigh, meat only, with added solution, raw       85.0       3.0 oz       0.937         10914       Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted       85.0       1.0 serving (3 oz)       0.936         23658       Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw       85.0       3.0 oz       0.936         10084       Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw       85.0       3.0 oz       0.935         13791       Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw       85.0       3.0 oz       0.933         10885       Pork, cured, ham water added, shank, bone-in, separable lean only, unheated       85.0       3.0 oz       0.933         20069       Triticale       192.0       1.0 cup       0.933         15096       Fish, shark, mixed species, cooked, batter-dipped and fried       85.0       3.0 oz       0.932         17081       Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted       85.0       1.0 serving (3 oz)       0.932         10916       Pork, cured, ham water added, slice,	17142	Veal, ground, raw	85.0	3.0 oz	0.939
Chicken, dark meat, thigh, meat only, with added solution, raw  85.0 3.0 oz 0.937  10914 Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted 85.0 1.0 serving (3 oz) 0.936  23658 Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw 85.0 3.0 oz 0.936  10084 Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw 85.0 3.0 oz 0.935  13791 Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw 10885 Pork, cured, ham water added, shank, bone-in, separable lean only, unheated 85.0 3.0 oz 0.933  20069 Triticale 192.0 1.0 cup 0.933  15096 Fish, shark, mixed species, cooked, batter-dipped and fried 85.0 3.0 oz 0.932  17081 Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted 85.0 1.0 serving (3 oz) 0.932  10108 Cheese, provolone, reduced fat 132.0 1.0 cup, diced 0.932	13347	Beef, cured, corned beef, brisket, cooked	85.0	3.0 oz	0.939
Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted  85.0  1.0 serving (3 oz)  0.936  23658  Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw  85.0  20.936  10084  Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw  85.0  3.0 oz  0.935  13791  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  85.0  3.0 oz  0.933  10885  Pork, cured, ham water added, shank, bone-in, separable lean only, unheated  85.0  3.0 oz  0.933  20069  Triticale  192.0  1.0 cup  0.933  15096  Fish, shark, mixed species, cooked, batter-dipped and fried  192.0  1.0 serving (3 oz)  0.932  17081  Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted  85.0  1.0 serving (3 oz)  0.932  10916  Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil  85.0  1.0 serving (3 oz)  0.932  0.932  0.933	23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	114.0	4.0 oz	0.938
23658       Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw       85.0       3.0 oz       0.936         10084       Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw       85.0       3.0 oz       0.935         13791       Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw       85.0       3.0 oz       0.933         10885       Pork, cured, ham water added, shank, bone-in, separable lean only, unheated       85.0       3.0 oz       0.933         20069       Triticale       192.0       1.0 cup       0.933         15096       Fish, shark, mixed species, cooked, batter-dipped and fried       85.0       3.0 oz       0.932         17081       Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted       85.0       1.0 serving       0.932         10916       Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil       85.0       1.0 serving (3 oz)       0.932         01208       Cheese, provolone, reduced fat       132.0       1.0 cup, diced       0.932	05682	Chicken, dark meat, thigh, meat only, with added solution, raw	85.0	3.0 oz	0.937
Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, telect, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select, raw  Beef, chuck eye roast, boneless, America's Beef Roast, select,	10914	Pork, cured, ham water added, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.936
Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw  10885 Pork, cured, ham water added, shank, bone-in, separable lean only, unheated  85.0  3.0 oz  0.933  20069 Triticale  192.0  1.0 cup  0.933  15096 Fish, shark, mixed species, cooked, batter-dipped and fried  85.0  3.0 oz  0.933  17081 Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted  85.0  1.0 serving  0.932  10916 Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil  85.0  1.0 serving (3 oz)  0.932  0.932  0.933	23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	85.0	3.0 oz	0.936
raw  10885 Pork, cured, ham water added, shank, bone-in, separable lean only, unheated  85.0  3.0 oz  0.933  20069 Triticale  192.0  1.0 cup  0.933  15096 Fish, shark, mixed species, cooked, batter-dipped and fried  85.0  3.0 oz  0.933  15096 Fish, shark, mixed species, cooked, batter-dipped and fried  85.0  1.0 cup  0.932  17081 Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted  85.0  1.0 serving  0.932  10916 Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil  85.0  1.0 serving (3 oz)  0.932  0.932  0.933	10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	85.0	3.0 oz	0.935
Triticale  192.0  1.0 cup  0.933  15096  Fish, shark, mixed species, cooked, batter-dipped and fried  85.0  1.0 serving  0.932  17081  Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted  85.0  1.0 serving  0.932  10916  Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil  85.0  1.0 serving (3 oz)  0.932  01208  Cheese, provolone, reduced fat  132.0  1.0 cup, diced  0.933	13791		85.0	3.0 oz	0.933
Fish, shark, mixed species, cooked, batter-dipped and fried 85.0 3.0 oz 0.932  Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted 85.0 1.0 serving 0.932  Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0.932  Cheese, provolone, reduced fat 132.0 1.0 cup, diced 0.932	10885	Pork, cured, ham water added, shank, bone-in, separable lean only, unheated	85.0	3.0 oz	0.933
Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted  85.0  1.0 serving  0.932  Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil  85.0  1.0 serving (3 oz)  0.932  Cheese, provolone, reduced fat  132.0  1.0 cup, diced  0.932	20069	Triticale	192.0	1.0 cup	0.933
Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil 85.0 1.0 serving (3 oz) 0.932 Cheese, provolone, reduced fat 132.0 1.0 cup, diced 0.932	15096	Fish, shark, mixed species, cooked, batter-dipped and fried	85.0	3.0 oz	0.932
01208 Cheese, provolone, reduced fat 132.0 1.0 cup, diced 0.932	17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	85.0	1.0 serving	0.932
	10916	Pork, cured, ham water added, slice, boneless, separable lean and fat, heated, pan-broil	85.0	1.0 serving (3 oz)	0.932
01035 Cheese, provolone 132.0 1.0 cup, diced 0.932	01208	Cheese, provolone, reduced fat	132.0	1.0 cup, diced	0.932
	01035	Cheese, provolone	132.0	1.0 cup, diced	0.932

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05736	Turkey, retail parts, drumstick, meat and skin, raw	85.0	3.0 oz	0.932
21006	Fast foods, biscuit with egg and steak	148.0	1.0 biscuit	0.931
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.931
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.931
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	85.0	3.0 oz	0.931
07089	Sausage, Italian, pork, cooked	83.0	1.0 link, 4/lb	0.930
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	113.0	4.0 oz	0.930
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.930
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.930
05135	Chicken, capons, meat and skin, raw	85.0	3.0 oz	0.930
20140	Spelt, uncooked	174.0	1.0 cup	0.929
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.929
05309	Chicken, cornish game hens, meat only, raw	85.0	3.0 oz	0.929
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	85.0	3.0 oz	0.929
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.929
15021	Fish, croaker, Atlantic, cooked, breaded and fried	87.0	1.0 fillet	0.928
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.928
15070	Fish, rockfish, Pacific, mixed species, raw	85.0	3.0 oz	0.928
16377	Lupins, mature seeds, cooked, boiled, with salt	166.0	1.0 cup	0.926
16077	Lupins, mature seeds, cooked, boiled, without salt	166.0	1.0 cup	0.926
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	85.0	3.0 oz	0.926
05006	Chicken, broilers or fryers, meat and skin, raw	85.0	3.0 oz	0.926
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.926
13355	Beef, cured, pastrami	71.0	1.0 package, 2.5 oz	0.925
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	115.0	1.0 serving	0.923
12147	Nuts, pine nuts, dried	135.0	1.0 cup	0.923
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	113.0	4.0 oz	0.922
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.921
36052	Restaurant, Mexican, cheese quesadilla	205.0	1.0 serving serving size varied on diameter and count of quesadila	0.920

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.920
05145	Duck, wild, breast, meat only, raw	73.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.918
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	85.0	3.0 oz	0.918
20648	Sorghum flour, whole-grain	121.0	1.0 cup	0.917
05133	Chicken, capons, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.917
15008	Fish, carp, raw	85.0	3.0 oz	0.916
15015	Fish, cod, Atlantic, raw	85.0	3.0 oz	0.915
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.915
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.915
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.915
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.915
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.915
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.914
36605	CRACKER BARREL, country fried shrimp platter	149.0	1.0 serving	0.913
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	85.0	3.0 oz	0.913
36050	Restaurant, Mexican, cheese enchilada	244.0	1.0 serving serving size varied from 1 to 3 enchiladas	0.913
01025	Cheese, monterey	132.0	1.0 cup, diced	0.912
15004	Fish, bass, striped, raw	85.0	3.0 oz	0.911
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	85.0	3.0 oz	0.910
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	85.0	3.0 oz	0.909
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	113.0	4.0 oz	0.909
15176	Mollusks, squid, mixed species, cooked, fried	85.0	3.0 oz	0.908
15045	Fish, lingcod, raw	85.0	3.0 oz	0.908
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.908
15013	Fish, cisco, raw	79.0	1.0 fillet	0.907
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	62.0	1.0 fillet	0.906
15099	Fish, smelt, rainbow, raw	85.0	3.0 oz	0.906
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.906
10192	Pork, fresh, backribs, separable lean and fat, raw	85.0	3.0 oz	0.905
17155	Veal, Australian, rib, rib roast, separable lean and fat, raw	85.0	3.0 oz	0.902
15024	Fish, drum, freshwater, raw	85.0	3.0 oz	0.902
07036	Sausage, Italian, pork, raw	113.0	1.0 link, 4/lb	0.902
05706	Turkey, whole, meat and skin, with added solution, raw	85.0	3.0 oz	0.901
15003	Fish, bass, fresh water, mixed species, raw	79.0	1.0 fillet	0.901

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10879	Pork, cured, ham water added, whole, boneless, separable lean only, heated, roasted	85.0	3.0 oz	0.900
19352	Syrups, malt	332.0	1.0 cup	0.900
11311	Peas, green, canned, drained solids, rinsed in tap water	257.0	1.0 can	0.899
15134	Fish, wolffish, Atlantic, raw	85.0	3.0 oz	0.899
15112	Fish, tilefish, raw	85.0	3.0 oz	0.899
16039	Beans, navy, mature seeds, canned	262.0	1.0 cup	0.896
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.896
05668	Ground turkey, 85% lean, 15% fat, raw	85.0	1.0 patty (cooked from 4 oz raw)	0.895
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	89.0	1.0 cup	0.894
20004	Barley, hulled	184.0	1.0 cup	0.894
05150	Goose, liver, raw	94.0	1.0 liver	0.894
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	85.0	3.0 oz	0.892
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	85.0	3.0 oz	0.892
01024	Cheese, limburger	134.0	1.0 cup	0.892
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	72.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.892
05022	Chicken, broilers or fryers, giblets, cooked, simmered	145.0	1.0 cup chopped or dice	0.892
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	85.0	3.0 oz	0.892
01030	Cheese, muenster	132.0	1.0 cup, diced	0.891
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	85.0	3.0 oz	0.891
15144	Crustaceans, crab, queen, raw	85.0	3.0 oz	0.891
10917	Pork, cured, ham water added, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.890
23320	Beef, Australian, imported, Wagyu, loin, top loin steak/roast, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.889
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	85.0	3.0 oz	0.888
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	85.0	3.0 oz	0.885
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	85.0	3.0 oz	0.885
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	76.0	1.0 drumstick, with skin	0.885
01011	Cheese, colby	132.0	1.0 cup, diced	0.884
01005	Cheese, brick	132.0	1.0 cup, diced	0.884
15208	Fish, sablefish, cooked, dry heat	85.0	3.0 oz	0.884
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	85.0	3.0 oz	0.882
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	115.0	1.0 serving	0.881
15136	Crustaceans, crab, alaska king, raw	85.0	3.0 oz	0.881
19059	Snacks, trail mix, regular	150.0	1.0 cup	0.880
19821	Snacks, trail mix, regular, unsalted	150.0	1.0 cup	0.880
07913	Salami, pork, beef, less sodium	100.0	3.527 oz	0.880

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20422	Cornmeal, degermed, unenriched, yellow	157.0	1.0 cup	0.879
20522	Cornmeal, degermed, unenriched, white	157.0	1.0 cup	0.879
20022	Cornmeal, degermed, enriched, yellow	157.0	1.0 cup	0.879
20322	Cornmeal, degermed, enriched, white	157.0	1.0 cup	0.879
15155	Mollusks, abalone, mixed species, raw	85.0	3.0 oz	0.879
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	85.0	3.0 oz	0.878
16326	Beans, great northern, mature seeds, canned, low sodium	262.0	1.0 cup	0.878
16026	Beans, great northern, mature seeds, canned	262.0	1.0 cup	0.878
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	85.0	3.0 oz	0.877
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	113.0	4.0 oz	0.873
23322	Beef, Australian, imported, Wagyu, rib, small end rib steak/roast, boneless, separable lean and fat, Aust. marble score 9, raw	114.0	4.0 oz	0.872
10886	Pork, cured, ham water added, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.870
15094	Fish, shad, american, raw	85.0	3.0 oz	0.870
07965	Pork sausage, link/patty, reduced fat, unprepared	85.0	3.0 oz	0.870
15139	Crustaceans, crab, blue, raw	85.0	3.0 oz	0.870
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	85.0	3.0 oz	0.869
01044	Cheese, pasteurized process, swiss	140.0	1.0 cup, diced	0.868
05123	Chicken, stewing, meat and skin, raw	85.0	3.0 oz	0.868
10880	Pork, cured, ham water added, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.868
01115	Whey, sweet, dried	145.0	1.0 cup	0.867
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	85.0	3.0 oz	0.867
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	56.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.866
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	85.0	3.0 oz	0.866
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	85.0	3.0 oz	0.865
20072	Wheat, hard red winter	192.0	1.0 cup	0.864
15093	Fish, seatrout, mixed species, raw	85.0	3.0 oz	0.861
15107	Fish, sucker, white, raw	85.0	3.0 oz	0.861
05315	Duck, young duckling, domesticated, White Pekin, breast, meat and skin, boneless, cooked, roasted	56.0	1.0 unit (yield from 1 lb ready-to-cook duck)	0.861
01032	Cheese, parmesan, grated	100.0	1.0 cup	0.859
36413	Restaurant, Latino, black bean soup	246.0	1.0 cup	0.859
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, raw	85.0	3.0 oz	0.858
20036	Rice, brown, long-grain, raw	185.0	1.0 cup	0.857
05171	Turkey, whole, giblets, raw	85.0	3.0 oz	0.856
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	85.0	3.0 oz	0.855
05307	Chicken, cornish game hens, meat and skin, raw	85.0	3.0 oz	0.855

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15059	Fish, pout, ocean, raw	85.0	3.0 oz	0.855
20011	Buckwheat flour, whole-groat	120.0	1.0 cup	0.854
17367	Lamb, New Zealand, imported, kidney, raw	113.0	4.0 oz	0.854
25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	80.0	1.0 bar	0.854
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	131.0	1.0 item	0.853
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	60.0	1.0 fillet	0.852
05075	Chicken, broilers or fryers, leg, meat and skin, raw	85.0	3.0 oz	0.851
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.851
15020	Fish, croaker, Atlantic, raw	79.0	1.0 fillet	0.849
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	146.0	1.0 cup	0.848
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	146.0	1.0 cup	0.848
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	85.0	3.0 oz	0.847
08037	Cereals ready-to-eat, granola, homemade	122.0	1.0 cup	0.847
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	85.0	3.0 oz	0.845
05109	Chicken, roasting, meat and skin and giblets and neck, raw	85.0	3.0 oz	0.844
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.843
01048	Cheese spread, pasteurized process, American	140.0	1.0 cup, diced	0.843
15010	Fish, catfish, channel, wild, raw	85.0	3.0 oz	0.842
15043	Fish, herring, Pacific, raw	85.0	3.0 oz	0.842
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	85.0	3.0 oz	0.842
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	85.0	3.0 oz	0.841
12120	Nuts, hazelnuts or filberts	115.0	1.0 cup, chopped	0.840
21003	Fast foods, biscuit, with egg and bacon	150.0	1.0 biscuit	0.839
15143	Crustaceans, crab, dungeness, raw	85.0	3.0 oz	0.838
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	85.0	3.0 oz	0.836
20131	Barley malt flour	162.0	1.0 cup	0.836
01168	Cheese, low fat, cheddar or colby	132.0	1.0 cup, diced	0.836
01169	Cheese, low-sodium, cheddar or colby	132.0	1.0 cup, diced	0.836
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	85.0	3.0 oz	0.836
15163	Mollusks, cuttlefish, mixed species, raw	85.0	3.0 oz	0.835
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.835
05146	Goose, domesticated, meat and skin, raw	85.0	3.0 oz	0.830
20040	Rice, brown, medium-grain, raw	190.0	1.0 cup	0.830
07016	Cheesefurter, cheese smokie, pork, beef	100.0	2.33 links	0.830
15104	Fish, sturgeon, mixed species, raw	85.0	3.0 oz	0.830

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20063	Rye flour, dark	128.0	1.0 cup	0.828
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	85.0	3.0 oz	0.828
21258	BURGER KING, Premium Fish Sandwich	220.0	1.0 sandwich	0.827
15129	Fish, turbot, european, raw	85.0	3.0 oz	0.825
21251	BURGER KING, Cheeseburger	133.0	1.0 item	0.825
22906	Chicken pot pie, frozen entree, prepared	302.0	1.0 pie	0.824
21005	Fast Foods, biscuit, with egg and sausage	162.0	1.0 item	0.823
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	68.0	1.0 cup	0.823
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	68.0	1.0 cup	0.823
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	122.0	1.0 piece	0.822
20076	Wheat, durum	192.0	1.0 cup	0.820
20033	Oat bran, raw	94.0	1.0 cup	0.820
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.818
15128	Fish, tuna salad	85.0	3.0 oz	0.818
17449	Lamb, Australian, imported, fresh, external fat, cooked	85.0	3.0 oz	0.817
01165	Cheese, mexican, queso anejo	132.0	1.0 cup, crumbled	0.816
12155	Nuts, walnuts, english	117.0	1.0 cup, chopped	0.814
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.814
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	85.0	3.0 oz	0.810
12078	Nuts, brazilnuts, dried, unblanched	133.0	1.0 cup, whole	0.810
16100	Peanut flour, low fat	60.0	1.0 cup	0.806
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	68.0	1.0 wing, with skin	0.806
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	85.0	3.0 oz	0.805
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	113.0	4.0 oz	0.801
20046	Rice, white, long-grain, parboiled, enriched, dry	185.0	1.0 cup	0.801
20446	Rice, white, long-grain, parboiled, unenriched, dry	185.0	1.0 cup	0.801
16051	Beans, white, mature seeds, canned	262.0	1.0 cup	0.796
16146	Beans, pinto, canned, drained solids	277.0	1.0 can drained solids	0.795
12130	Nuts, hickorynuts, dried	120.0	1.0 cup	0.794
21089	Fast foods, cheeseburger; single, regular patty; plain	91.0	1.0 sandwich	0.793
01026	Cheese, mozzarella, whole milk	112.0	1.0 cup, shredded	0.792
05178	Turkey, liver, all classes, cooked, simmered	53.0	1.0 liver cooked	0.788
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 drumstick	0.786
21269	TACO BELL, Nachos Supreme	222.0	1.0 serving	0.786
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	222.0	1.0 serving	0.786
35147	Tamales (Navajo)	186.0	1.0 piece	0.785

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15073	Fish, roughy, orange, raw	85.0	3.0 oz	0.785
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	200.0	1.0 cup	0.784
05177	Turkey, liver, all classes, raw	78.0	1.0 raw liver	0.784
16008	Beans, baked, canned, with franks	259.0	1.0 cup	0.782
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	53.0	1.0 wing	0.779
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	51.0	1.0 wing	0.778
19165	Cocoa, dry powder, unsweetened	86.0	1.0 cup	0.777
01043	Cheese, pasteurized process, pimento	140.0	1.0 cup, diced	0.777
90240	Mollusks, scallop, (bay and sea), cooked, steamed	85.0	3.0 oz	0.775
10866	Pork, cured, ham water added, rump, bone-in, separable lean only, unheated	85.0	3.0 oz	0.773
20005	Barley, pearled, raw	200.0	1.0 cup	0.772
10088	Pork, fresh, spareribs, separable lean and fat, raw	85.0	3.0 oz	0.772
16007	Beans, baked, canned, with beef	266.0	1.0 cup	0.771
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	254.0	1.0 can drained, rinsed	0.770
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	253.0	1.0 can drained	0.769
07958	Turkey sausage, fresh, cooked	57.0	1.0 serving	0.767
15166	Mollusks, octopus, common, raw	85.0	3.0 oz	0.767
07059	Polish sausage, pork	85.0	3.0 oz	0.767
07024	Frankfurter, chicken	85.0	3.0 oz	0.767
15145	Crustaceans, crayfish, mixed species, wild, raw	85.0	3.0 oz	0.767
13345	Beef, cured, breakfast strips, cooked	34.0	3.0 slices	0.766
21007	Fast foods, biscuit, with egg, cheese, and bacon	145.0	1.0 item	0.766
20044	Rice, white, long-grain, regular, raw, enriched	185.0	1.0 cup	0.764
20444	Rice, white, long-grain, regular, raw, unenriched	185.0	1.0 cup	0.764
05630	Emu, outside drum, raw	85.0	3.0 oz	0.762
06015	Soup, chicken, canned, chunky, ready-to-serve	245.0	1.0 cup	0.762
21242	WENDY'S, Jr. Hamburger, with cheese	129.0	1.0 item	0.761
16121	Soy protein concentrate, produced by alcohol extraction	28.35	1.0 oz	0.759
16420	Soy protein concentrate, produced by acid wash	28.35	1.0 oz	0.759
16160	Tofu, hard, prepared with nigari	122.0	0.25 block	0.758
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.756
20323	Cornmeal, white, self-rising, bolted, plain, enriched	122.0	1.0 cup	0.756
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	269.0	1.0 serving	0.756
20452	Rice, white, short-grain, raw, unenriched	200.0	1.0 cup	0.754
20052	Rice, white, short-grain, enriched, uncooked	200.0	1.0 cup	0.754
05626	Emu, full rump, raw	85.0	3.0 oz	0.754

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05631	Emu, oyster, raw	85.0	3.0 oz	0.754
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	114.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.754
15157	Mollusks, clam, mixed species, raw	85.0	3.0 oz	0.752
21119	Fast foods, hotdog, with chili	114.0	1.0 sandwich	0.749
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	188.0	1.0 cup	0.748
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	188.0	1.0 cup	0.748
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.748
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.748
20050	Rice, white, medium-grain, raw, enriched	195.0	1.0 cup	0.747
20450	Rice, white, medium-grain, raw, unenriched	195.0	1.0 cup	0.747
16070	Lentils, mature seeds, cooked, boiled, without salt	198.0	1.0 cup	0.746
16370	Lentils, mature seeds, cooked, boiled, with salt	198.0	1.0 cup	0.746
15054	Fish, monkfish, raw	85.0	3.0 oz	0.745
05623	Emu, fan fillet, raw	85.0	1.0 serving ( 3 oz )	0.744
12033	Seeds, sesame flour, low-fat	28.35	1.0 oz	0.743
20320	Cornmeal, whole-grain, white	122.0	1.0 cup	0.742
20020	Cornmeal, whole-grain, yellow	122.0	1.0 cup	0.742
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	60.0	1.0 wing, with skin	0.742
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	85.0	3.0 oz	0.740
06070	Soup, chunky beef, canned, ready-to-serve	245.0	1.0 cup	0.740
07006	Bockwurst, pork, veal, raw	91.0	1.0 sausage	0.740
15038	Fish, halibut, Greenland, raw	85.0	3.0 oz	0.739
22908	Beef, corned beef hash, with potato, canned	236.0	1.0 cup	0.736
05625	Emu, flat fillet, raw	85.0	3.0 oz	0.735
05628	Emu, inside drum, raw	85.0	3.0 oz	0.734
12175	Nuts, chestnuts, japanese, dried	155.0	1.0 cup	0.733
21018	Fast foods, egg, scrambled	96.0	2.0 eggs	0.732
15213	Fish, scup, cooked, dry heat	50.0	1.0 fillet	0.732
15234	Fish, catfish, channel, farmed, raw	85.0	3.0 oz	0.731
20054	Rice, white, glutinous, unenriched, uncooked	185.0	1.0 cup	0.731
16050	Beans, white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.730
16350	Beans, white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.730
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	123.0	1.0 item	0.727
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	123.0	1.0 wrap	0.727
01016	Cheese, cottage, lowfat, 1% milkfat	113.0	4.0 oz	0.727
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	85.0	3.0 oz	0.724

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20019	Corn flour, masa, unenriched, white	114.0	1.0 cup	0.724
20017	Corn flour, masa, enriched, white	114.0	1.0 cup	0.724
20317	Corn flour, yellow, masa, enriched	114.0	1.0 cup	0.724
21263	TACO BELL, Soft Taco with steak	127.0	1.0 item	0.720
16386	Peas, split, mature seeds, cooked, boiled, with salt	196.0	1.0 cup	0.719
16086	Peas, split, mature seeds, cooked, boiled, without salt	196.0	1.0 cup	0.719
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	44.0	1.0 wing, without skin	0.719
15216	Fish, spot, cooked, dry heat	50.0	1.0 fillet	0.718
19166	Cocoa, dry powder, unsweetened, processed with alkali	86.0	1.0 cup	0.717
15103	Fish, spot, raw	64.0	1.0 fillet	0.717
15242	Crustaceans, crayfish, mixed species, farmed, raw	85.0	3.0 oz	0.713
16104	Bacon, meatless	144.0	1.0 cup	0.708
07925	Pastrami, beef, 98% fat-free	57.0	1.0 serving 6 slices	0.708
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	194.0	1.0 cup	0.706
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	194.0	1.0 cup	0.706
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	85.0	3.0 oz	0.705
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.704
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	177.0	1.0 cup	0.704
43273	Cheese, cottage, with vegetables	113.0	4.0 oz	0.704
15060	Fish, perch, mixed species, raw	60.0	1.0 fillet	0.704
01271	Cheese, mozzarella, low moisture, part-skim, shredded	86.0	1.0 cup	0.702
15158	Mollusks, clam, mixed species, cooked, breaded and fried	85.0	3.0 oz	0.700
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.699
07910	Bratwurst, veal, cooked	84.0	1.0 serving 2.96 oz	0.699
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.698
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.697
21241	WENDY'S, Jr. Hamburger, without cheese	117.0	1.0 item	0.697
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	110.0	1.0 item	0.696
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	85.0	1.0 package (3 oz)	0.695
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	85.0	1.0 serving (3 oz)	0.695
19172	Gelatin desserts, dry mix	85.0	1.0 package (3 oz)	0.695
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	85.0	1.0 serving (3 oz)	0.695
20073	Wheat, soft red winter	168.0	1.0 cup	0.692
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.692
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.692
15061	Fish, perch, mixed species, cooked, dry heat	46.0	1.0 fillet	0.691

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11212	Edamame, frozen, prepared	155.0	1.0 cup	0.691
15074	Fish, sablefish, raw	85.0	3.0 oz	0.689
21265	TACO BELL, BURRITO SUPREME with beef	241.0	1.0 burrito	0.689
21064	Fast foods, burrito, with beans, cheese, and beef	241.0	1.0 burrito	0.689
15142	Crustaceans, crab, blue, crab cakes, home recipe	60.0	1.0 cake	0.687
20062	Rye grain	169.0	1.0 cup	0.684
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.680
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.680
16059	Chili with beans, canned	256.0	1.0 cup	0.678
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.678
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.678
11656	Corn pudding, home prepared	250.0	1.0 cup	0.678
23438	Beef, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.677
07928	Sausage, chicken, beef, pork, skinless, smoked	84.0	1.0 link	0.675
16046	Beans, small white, mature seeds, cooked, boiled, without salt	179.0	1.0 cup	0.673
16346	Beans, small white, mature seeds, cooked, boiled, with salt	179.0	1.0 cup	0.673
16338	Beans, navy, mature seeds, cooked, boiled, with salt	182.0	1.0 cup	0.672
16038	Beans, navy, mature seeds, cooked, boiled, without salt	182.0	1.0 cup	0.672
21083	Fast foods, taco salad	198.0	1.5 cup	0.671
20090	Rice flour, brown	158.0	1.0 cup	0.667
07052	Pastrami, turkey	57.0	2.0 slices	0.665
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	44.0	1.0 drumstick, bone and skin removed	0.664
05173	Turkey, gizzard, all classes, raw	63.0	1.0 raw gizzard	0.663
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	57.0	1.0 wing, with skin	0.662
01166	Cheese, mexican, queso asadero	132.0	1.0 cup, diced	0.661
05139	Duck, domesticated, meat and skin, raw	85.0	3.0 oz	0.660
01109	Milk, sheep, fluid	245.0	1.0 cup	0.659
16018	Beans, black turtle, mature seeds, canned	240.0	1.0 cup	0.658
16316	Beans, black, mature seeds, canned, low sodium	240.0	1.0 cup	0.658
16003	Beans, adzuki, mature seeds, canned, sweetened	296.0	1.0 cup	0.657
07927	Sausage, Italian, turkey, smoked	56.0	1.0 serving 2 oz	0.656
12008	Seeds, cottonseed flour, low fat (glandless)	28.35	1.0 oz	0.656
07968	Kielbasa, fully cooked, grilled	85.0	3.0 oz	0.655
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	153.0	1.0 slice	0.655
05356	Chicken, broiler, rotisserie, BBQ, skin	85.0	1.0 serving	0.653
07015	Brotwurst, pork, beef, link	70.0	1.0 link	0.651

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05661	Chicken, liver, all classes, cooked, pan-fried	44.0	1.0 liver	0.648
20028	Couscous, dry	173.0	1.0 cup	0.647
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.646
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.646
12011	Seeds, cottonseed meal, partially defatted (glandless)	28.35	1.0 oz	0.646
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.644
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.644
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.644
16041	Beans, pink, mature seeds, cooked, boiled, without salt	169.0	1.0 cup	0.642
16341	Beans, pink, mature seeds, cooked, boiled, with salt	169.0	1.0 cup	0.642
17377	Lamb, New Zealand, imported, testes, raw	113.0	4.0 oz	0.641
16015	Beans, black, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.640
16315	Beans, black, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.640
07920	Swisswurst, pork and beef, with swiss cheese, smoked	77.0	1.0 serving 2.7 oz	0.639
07917	Sausage, pork and beef, with cheddar cheese, smoked	77.0	12.0 oz serving 2.7 oz	0.639
20070	Triticale flour, whole-grain	130.0	1.0 cup	0.638
15174	Mollusks, scallop, mixed species, imitation, made from surimi	85.0	3.0 oz	0.638
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	39.0	1.0 wing wing without skin	0.636
17358	Lamb, New Zealand, imported, brains, raw	113.0	4.0 oz	0.636
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	185.0	1.0 cup	0.635
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	185.0	1.0 cup	0.635
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.634
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.634
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	51.0	1.0 wing	0.633
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.633
01141	Egg, turkey, whole, fresh, raw	79.0	1.0 egg	0.631
06064	Soup, turkey, chunky, canned, ready-to-serve	236.0	1.0 cup (8 fl oz)	0.630
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	28.35	1.0 oz	0.629
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	52.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.629
12005	Seeds, breadnut tree seeds, dried	160.0	1.0 cup	0.627
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	98.0	1.0 each taco	0.627
01037	Cheese, ricotta, part skim milk	124.0	0.5 cup	0.626
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	256.0	1.0 cup	0.625
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	256.0	1.0 cup	0.625
16081	Mung beans, mature seeds, cooked, boiled, without salt	202.0	1.0 cup	0.624
16381	Mung beans, mature seeds, cooked, boiled, with salt	202.0	1.0 cup	0.624

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	164.0	1.0 cup	0.623
19367	Toppings, nuts in syrup	328.0	1.0 cup	0.623
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	164.0	1.0 cup	0.623
01013	Cheese, cottage, creamed, with fruit	113.0	4.0 oz	0.623
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	85.0	3.0 oz	0.621
20066	Semolina, enriched	167.0	1.0 cup	0.621
20466	Semolina, unenriched	167.0	1.0 cup	0.621
01036	Cheese, ricotta, whole milk	124.0	0.5 cup	0.619
17375	Lamb, New Zealand, imported, sweetbread, raw	113.0	4.0 oz	0.618
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	85.0	3.0 oz	0.618
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.618
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.618
16173	Frijoles rojos volteados (Refried beans, red, canned)	233.0	1.0 cup	0.617
22401	Spaghetti with meat sauce, frozen entree	283.0	1.0 serving	0.617
05028	Chicken, liver, all classes, cooked, simmered	44.0	1.0 liver	0.615
21107	Fast foods, hamburger; single, regular patty; plain	78.0	1.0 sandwich	0.612
13344	Beef, cured, breakfast strips, raw or unheated	68.0	3.0 slices	0.612
12145	Nuts, pilinuts, dried	120.0	1.0 cup	0.611
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	136.0	1.0 slice	0.611
07038	Knackwurst, knockwurst, pork, beef	72.0	1.0 link	0.611
20012	Bulgur, dry	140.0	1.0 cup	0.610
16029	Beans, kidney, all types, mature seeds, canned	256.0	1.0 cup	0.609
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	478.0	1.0 serving	0.607
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	510.0	1.0 serving	0.607
20016	Corn flour, whole-grain, yellow	117.0	1.0 cup	0.606
20316	Corn flour, whole-grain, white	117.0	1.0 cup	0.606
20130	Barley flour or meal	148.0	1.0 cup	0.605
16073	Lima beans, large, mature seeds, canned	241.0	1.0 cup	0.605
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	41.0	1.0 drumstick, bone and skin removed	0.605
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	127.0	1.0 slice	0.605
17186	Lamb, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.604
16021	Beans, cranberry (roman), mature seeds, canned	260.0	1.0 cup	0.603
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	171.0	1.0 cup	0.602
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.602
16055	Carob flour	103.0	1.0 cup	0.602
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	123.0	1.0 slice	0.601

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	40.0	1.0 drumstick, bone and skin removed	0.599
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	123.0	1.0 slice	0.599
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.598
12032	Seeds, sesame flour, partially defatted	28.35	1.0 oz	0.597
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.597
16005	Beans, baked, home prepared	253.0	1.0 cup	0.597
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.596
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	171.0	1.0 cup	0.595
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.594
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	67.0	1.0 serving 4 pieces in serving	0.594
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	85.0	3.0 oz	0.592
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	252.0	1.0 cup	0.592
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	252.0	1.0 cup	0.592
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.592
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	85.0	3.0 oz	0.592
21020	Fast foods, english muffin, with cheese and sausage	108.0	1.0 item	0.591
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	200.0	1.0 cup	0.590
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.590
36038	Restaurant, family style, spaghetti and meatballs	134.0	1.0 cup	0.590
07916	Sausage, Polish, pork and beef, smoked	76.0	1.0 serving 2.67 oz	0.588
20080	Wheat flour, whole-grain	120.0	1.0 cup	0.587
21118	Fast foods, hotdog, plain	98.0	1.0 sandwich	0.586
20091	Pasta, gluten-free, corn, dry	105.0	1.0 cup	0.586
01046	Cheese food, pasteurized process, American, vitamin D fortified	113.0	1.0 cup	0.585
01254	Cheese food, pasteurized process, American, without added vitamin D	113.0	1.0 cup	0.585
07955	Turkey sausage, fresh, raw	57.0	1.0 serving	0.584
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	158.0	1.0 cup cup rinsed solids	0.583
07970	Kielbasa, fully cooked, unheated	85.0	3.0 oz	0.582
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	38.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.582
07018	Chicken spread	56.0	1.0 serving (1 serving)	0.581
16384	Mungo beans, mature seeds, cooked, boiled, with salt	180.0	1.0 cup	0.580
16084	Mungo beans, mature seeds, cooked, boiled, without salt	180.0	1.0 cup	0.580
16054	Broadbeans (fava beans), mature seeds, canned	256.0	1.0 cup	0.573
21225	Pizza, cheese topping, rising crust, frozen, cooked	139.0	1.0 serving 6 servings per 29.25 oz package	0.573
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	151.0	1.0 slice	0.572
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	28.35	1.0 oz	0.572

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	28.35	1.0 oz	0.572
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	28.35	1.0 oz	0.571
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	127.0	1.0 piece turnover 1 serving	0.569
07939	Frankfurter, pork	76.0	1.0 link	0.568
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	35.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.567
13166	USDA Commodity, beef, canned	45.0	1.0 serving	0.564
15108	Fish, sunfish, pumpkin seed, raw	48.0	1.0 fillet	0.563
36412	Restaurant, Latino, tamale, pork	142.0	1.0 piece	0.562
05018	Chicken, broilers or fryers, skin only, cooked, roasted	34.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.562
07077	Smoked link sausage, pork and beef, nonfat dry milk added	68.0	1.0 link (4" long x 1-1/8" dia)	0.562
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.561
19177	Gelatins, dry powder, unsweetened	7.0	1.0 envelope (1 tbsp)	0.561
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	44.0	1.0 medallion	0.560
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	64.0	1.0 cup	0.560
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	64.0	1.0 cup	0.560
16009	Beans, baked, canned, with pork	253.0	1.0 cup	0.559
21421	KFC, Crispy Chicken Strips	47.0	1.0 strip	0.559
10128	Pork, cured, breakfast strips, raw or unheated	85.0	3.0 oz	0.558
35141	Mutton, cooked, roasted (Navajo)	28.35	1.0 oz	0.557
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	37.0	1.0 fillet	0.556
06128	Soup, chicken noodle, dry, mix	74.0	1.0 packet	0.555
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	41.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.554
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	85.0	3.0 oz	0.554
21060	Fast foods, burrito, with beans	217.0	2.0 pieces	0.553
13348	Beef, cured, corned beef, canned	28.35	1.0 oz	0.553
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.552
20143	Teff, cooked	252.0	1.0 cup	0.549
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.549
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	257.0	1.0 serving	0.547
16103	Refried beans, canned, traditional style (includes USDA commodity)	238.0	1.0 cup	0.547
16136	Winged beans, mature seeds, cooked, boiled, without salt	172.0	1.0 cup	0.547
16436	Winged beans, mature seeds, cooked, boiled, with salt	172.0	1.0 cup	0.547
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	34.0	1.0 medallion	0.547
20032	Millet, cooked	174.0	1.0 cup	0.546

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
21417	POPEYES, Mild Chicken Strips, analyzed 2006	54.0	1.0 strip	0.545
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	115.0	1.0 slice	0.545
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.545
15058	Fish, ocean perch, Atlantic, cooked, dry heat	50.0	1.0 fillet	0.544
05019	Chicken, broilers or fryers, skin only, cooked, stewed	44.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.543
10895	Pork, cured, ham, separable fat, boneless, unheated	117.0	4.0 oz	0.543
07956	Beef sausage, fresh, cooked	43.0	1.0 serving	0.541
21002	Fast foods, biscuit, with egg	136.0	1.0 biscuit	0.539
16403	Refried beans, canned, traditional, reduced sodium	238.0	1.0 cup	0.538
05174	Turkey, gizzard, all classes, cooked, simmered	45.0	1.0 gizzard cooked	0.538
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	117.0	1.0 piece	0.537
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	53.0	1.0 strip	0.536
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	192.0	1.0 cup	0.536
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	192.0	1.0 cup	0.536
15106	Fish, sturgeon, mixed species, smoked	28.35	1.0 oz	0.535
07919	Sausage, turkey, breakfast links, mild	56.0	2.0 oz, 2 links	0.535
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	77.0	1.0 fillet	0.534
07942	Pate, truffle flavor	56.0	1.0 serving 2 oz	0.533
07978	Pork sausage, reduced sodium, cooked	85.0	3.0 oz	0.532
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.532
07924	Bratwurst, pork, beef and turkey, lite, smoked	66.0	1.0 serving 2.33 oz	0.531
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	170.0	1.0 cup	0.529
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	170.0	1.0 cup	0.529
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	43.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.527
08084	Cereals ready-to-eat, wheat germ, toasted, plain	28.35	1.0 oz	0.527
11413	Potato flour	160.0	1.0 cup	0.525
20061	Rice flour, white, unenriched	158.0	1.0 cup	0.525
16323	Beans, french, mature seeds, cooked, boiled, with salt	177.0	1.0 cup	0.524
16023	Beans, french, mature seeds, cooked, boiled, without salt	177.0	1.0 cup	0.524
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	489.0	1.0 serving	0.523
22962	LEAN POCKETS, Ham N Cheddar	127.0	1.0 hot pocket (1 NLEA serving)	0.522
07929	Sausage, turkey, hot, smoked	56.0	2.0 oz	0.522
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	9.0	1.0 tbsp	0.521
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	9.0	1.0 tbsp	0.521
12131	Nuts, macadamia nuts, raw	134.0	1.0 cup, whole or halves	0.520

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
22963	Lean Pockets, Meatballs & Mozzarella	128.0	1.0 each	0.520
15207	Fish, roe, mixed species, cooked, dry heat	28.35	1.0 oz	0.519
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	240.0	1.0 cup	0.518
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	240.0	1.0 cup	0.518
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	145.0	1.0 cup (not packed)	0.518
05300	Turkey sticks, breaded, battered, fried	64.0	1.0 stick (2.25 oz)	0.517
01295	Yogurt, vanilla, non-fat	245.0	1.0 cup (8 fl oz)	0.517
16006	Beans, baked, canned, plain or vegetarian	254.0	1.0 cup	0.516
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.515
36403	Restaurant, Latino, empanadas, beef, prepared	89.0	1.0 piece	0.514
12036	Seeds, sunflower seed kernels, dried	46.0	1.0 cup, with hulls, edible yield	0.514
07931	Beerwurst, pork and beef	56.0	1.0 serving 2 oz	0.514
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	109.0	1.0 burrito	0.513
21340	McDONALD'S, Sausage Burrito	109.0	1.0 burrito	0.513
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	28.35	1.0 oz	0.513
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to $0$ " fat, all grades, raw	41.0	1.0 medallion	0.512
07922	Bratwurst, beef and pork, smoked	66.0	1.0 serving 2.33 oz	0.511
20095	Pasta, fresh-refrigerated, spinach, as purchased	128.0	4.5 oz	0.511
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	126.0	0.5 cup	0.510
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	32.0	1.0 medallion	0.510
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.510
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.510
05048	Chicken, broilers or fryers, back, meat and skin, raw	59.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.509
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	168.0	1.0 cup	0.509
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	168.0	1.0 cup	0.509
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.509
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	240.0	1.0 cup	0.509
21264	TACO BELL, Bean Burrito	185.0	1.0 each burrito	0.509
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.509
16147	Veggie burgers or soyburgers, unprepared	70.0	1.0 pattie	0.508
05015	Chicken, broilers or fryers, skin only, raw	47.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.508
06249	Soup, pea, green, canned, prepared with equal volume milk	254.0	1.0 cup (8 fl oz)	0.508
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	28.35	1.0 oz	0.507
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.507

12192   Scots, Sizyuhimun sp. Scots, whole, died	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
2588         Becf. top sirloin, steak, separable lean only, trimmed to 18" fat, select, cooked, broided         28.35         1.0 cm         0.500           1057         Eggoog         254.0         1.0 cmp         0.503           2660         Beef, short hoir, top loin, steak, separable lean only, trimmed to 18" fat, all grades, cooked, broided         28.35         1.0 cmp, whole or halves         0.504           2670         Beef, short loin, top loin, steak, separable lean only, trimmed to 18" fat, choice, cooked, broided         28.35         1.0 cmp, whole or halves         0.504           17180         Veal, variety mean and thy-products, brain, cooked, traised         85.0         3.0 cm         0.502           10000         Pork, feath, composite of separable fat, with added solution, cooked         85.0         1.0 unit tyield from 11b ready-to-cock chicked.         0.501           20150         Wheat flours, bread, increated, separable lean only, trimmed to 18" fat, select, cooked, broided         1.370         1.0 unit tyield from 11b ready-to-cock chicked.         0.501           20129         Wheat flours, bread, increated, separable lean only, trimmed to 18" fat, elect. cooked, broided         28.35         1.0 cm p saided, dispead         0.501           21829         Beef, translotion, steak, separable lean only, trimmed to 18" fat, elect. cooked, broided         28.35         1.0 cm p saided, and p sai	12193	Seeds, sisymbrium sp. seeds, whole, dried	74.0	1.0 cup	0.507
0.057         Eggood         25-40         Check short loin, top loin, steak, separable lean only, trimmed to 18° fat, all grades, croked, broiled         28-25         Check short loin, top loin, steak, separable lean only, trimmed to 18° fat, choice, croked, broiled         28-25         1.0 cup whole or have         0.50           23-60         Bef, short loin, top loin, steak, separable lean only, trimmed to 18° fat, choice, croked, broiled         28-25         1.0 cup whole or have         0.50           17-180         Vell, variety meats and by products, brain, croked, broiled         85.0         3.0 cup         0.50           17-180         Vell, variety meats and by products, brain, croked, broiled         85.0         3.0 cup         0.50           0503         Chicken, brotlier or fryers, bock, meat and skin, croked, noasted         32.0         1.0 unit tyicld from 1b ready-to-cook chicken, of the flour, white, bread, crinched         37.0         1.0 unit tyicld from 1b ready-to-cook chicken, of the flour, white, bread, crinched         37.0         1.0 unit tyicld from 1b ready-to-cook chicken, of the flour, brain, and chicken, should chicken, sh	22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	127.0	1.0 serving (1 hot pocket)	0.507
2606   Beef, short loin, top loin, seak, separable lean only, trimmed to 18" fat, all grades, cooked, broiled   28.35   1.0 cup, whole or halves   0.504   28.65	23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.506
132.2   Nars, macadamis nuts, dry roasted, without salt added   132.0   1.0 cap, whole or halves   0.504   12360   Beef, short foit, top foin, steak, separable lear only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.502   10000   Pork, fresh, composite of separable fat, with added solution, cooked   85.0   3.0 oz   0.502   10001   Chicken, broilers or fypers, back, meat and skin, cooked, roasted   32.0   1.0 unit (yield from 10 ready-to-cook chicken)   0.501   10002   Wheat flours, bread, unenriched   137.0   1.0 unit (yield from 10 ready-to-cook chicken)   0.501   123597   Beef, cenderfoin, steak, separable lean only, trimmed to 18° fat, select, cooked, broiled   28.35   1.0 oz   0.501   123597   Beef, cenderfoin, steak, separable lean only, trimmed to 18° fat, all grades, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 18° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, clenderfoin, steak, separable lean only, trimmed to 0° fat, choice, cooked, broiled   28.35   1.0 oz   0.501   123600   Beef, cook, shoulder clender, medallion, separable lean and fat, trimmed to 0° fat, chooked   28.00   1.0 oz   0.501   123600   Beef, cook, shoulder, cooked, prosende lean	01057	Eggnog	254.0	1.0 cup	0.505
23630         Becf, short join, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.50         3.0 oz         0.002           17189         Veal, variety meats and by-products, brain, cooked, braised         85.0         3.0 oz         0.502           10000         Pok, fresh, composite of spranble fat, with added solution, cooked         85.0         1.0 unit (yield from 11b ready-to-cook chicken)         0.001           20083         Wheat flour, white, broilers or fryers, back, meat and skin, cooked, mosted         137.0         1.0 unit (yield from 11b ready-to-cook chicken)         0.501           23070         Wheat flour, white, broilers or fryers, back, meat and skin, cooked, mosted         137.0         1.0 unit (yield from 11b ready-to-cook chicken)         0.501           23577         Beef, funderfoin, steak, separable lean only, trimmed to 18" fat, elsect, cooked, broiled         28.35         1.0 cup units d.dipped         0.501           23628         Beef, tenderfoin, steak, separable lean only, trimmed to 18" fat, choice, cooked, broiled         28.35         1.0 cup units d.dipped         0.509           23436         Beef, New Zealand, imported, subcutateous fat, raw         1113         1.0 cup units d.diped         0.409           23436         Beef, chuck, shoulder chol, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, cup units f.diped         4.00         1.0 cup units d.diped	23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.505
17189         Val, variety meats and by-products, brain, cooked, braised         85.0         3.0 or         0.002           10000         Pois, fresh, composite of separable fat, with added solution, cooked         85.0         1.0 unit (yield from 1b ready-to-cook chicken)         0.50           20083         Whear flour, white, bread, carriched         137.0         1.0 cup mainted, dipped         0.50           21219         Whear flour, Stread, unerniched         137.0         1.0 cup mainted, dipped         0.50           28587         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, all gradus, cooked, broiled         28.3         1.0 cup mainted, dipped         0.50           28600         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, all gradus, cooked, broiled         28.3         1.0 cu         0.50           23426         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, choice, cooked, broiled         28.5         1.0 cu         0.50           23436         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, choice, cooked, broiled         28.5         1.0 cu         0.50           23436         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, all gradus, cooked, broiled         28.5         1.0 cu         0.00           2340         Beef, tenderloin, seak, separable lean only, trimmed to 18" fat, select, cooked, broiled         28.5	12132	Nuts, macadamia nuts, dry roasted, without salt added	132.0	1.0 cup, whole or halves	0.504
10000         Pork, fresh, composite of separable fat, with added solution, cooked.         85.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.501           05051         Chicken, broilers or fryers, bek, meat and skin, cooked, roasted         32.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.501           2018         Wheat flour, white, bread, uneuriched         137.0         1.0 cup unsided, dipped         0.501           25857         Beef, tenderfoin, seak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled         28.35         1.0 cup unsided, dipped         0.501           23602         Beef, tenderfoin, seak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled         28.35         1.0 cup	23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.503
6861s         Chicken, broilers or fryers, back, meat and skin, cooked, roasted         32.0         1.0 unit tyield from 1 lb ready-to-cook chicken         0.501           20083         Wheat flours, shries, bread, enriched         137.0         1.0 unit tyield from 1 lb ready-to-cook chicken         0.501           23587         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled         28.35         1.0 uny unsified, dipped         0.501           23608         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 uny         0.500           23628         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 uny         0.500           23634         Beef, Seef, devel, shoulder clock, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cowled, broiled         40.0         1.0 uny (81 nc)         0.499           2364         Beef, Chuck, shoulder clock, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, now         40.0         1.0 uny (81 nc)         0.499           23614         Beard, was been with frankfurters, camed, propared with equal volume water         25.0         1.0 uny (81 nc)         0.499           12604         Soup, bean with frankfurters, camed, propared with chicken, how         1.0 uny (81 nc)         1.0 uny (81 nc) <td< td=""><td>17189</td><td>Veal, variety meats and by-products, brain, cooked, braised</td><td>85.0</td><td>3.0 oz</td><td>0.502</td></td<>	17189	Veal, variety meats and by-products, brain, cooked, braised	85.0	3.0 oz	0.502
2008         Wheat flour, white, bread, enriched         137.0         1.0 cup unsifted, dipped         0.501           20129         Wheat flours, bread, unenriched         137.0         1.0 cup unsifted, dipped         0.501           23587         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled         28.35         1.0 oz         0.500           23628         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 oz         0.500           23436         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 oz         0.500           23436         Beef, thuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw         113.0         1.0 medallion         0.499           24040         Soup, bean with frankfurters, canned, prepared with equal volume water         250.0         1.0 cup (8 fl oz)         0.498           11211         Edamane, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.498           11211         Edamane, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.498           11211         Edamane, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.498           11210         Edamane, frozen,	10000	Pork, fresh, composite of separable fat, with added solution, cooked	85.0	3.0 oz	0.502
20129         Wheat flours, bread, unenriched         1370         1.0 cup unsifted, dipped         0.501           23587         Beef, tenderfoin, steak, separable lean only, trimmed to 1/8° fat, select, cooked, broiled         28.35         1.0 α         0.501           23628         Beef, tenderfoin, steak, separable lean only, trimmed to 1/8° fat, choice, cooked, broiled         28.35         1.0 α         0.500           23436         Beef, funderfoin, steak, separable lean only, trimmed to 1/8° fat, choice, cooked, broiled         28.35         1.0 α         0.009           23436         Beef, funderfoin, steak, separable lean only, trimmed to 1/8° fat, choice, cooked, broiled         28.35         1.0 α         0.009           23034         Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0° fat, choice, raw         40.0         1.0 medallion         0.099           66406         Soup, bean with frankfurters, canned, prepared with equal volume water         250.0         1.0 cup (8 fl oz)         0.498           11211         Edmanne, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.498           1285         BURGER KING, CROISSAN/WICH with Egg and Cheese         110.0         1.0 serving 5 pieces         0.496           1180         Corn, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.4	05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	32.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.501
28.587   Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled   28.35   1.0 oz   0.500     23628   Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled   28.35   1.0 oz   0.500     23628   Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled   28.35   1.0 oz   0.500     23436   Beef, New Zealand, imported, subcutaneous fat, raw   113.0   4.0 oz   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   113.0   1.0 medallion   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   118.0   1.0 medallion   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   118.0   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   118.0   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   118.0   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, looked   85.0   1.0 medallion   0.499     23034   Beef, chuck, shoulder lod, shoulder tender, medallion, separable lean and fat, trimmed to 1.8" fat, choice, looked   85.0   1.0 serving 5 pieces   0.496     2304   Burkelfer KinG, CROISSANWICH with Egg and Cheese   110.0   1.0 serving 5 pieces   0.496     2305   Burkelfer KinG, CROISSANWICH with Egg and Cheese   110.0   1.0 serving 5 pieces   0.496     2306   Beef, number of fyers, skin only, cooked, fried, flour   1.0 serving 6 pieces   0.496     2306   Beef, cured, died   0.0 serving 6 pieces   0.496     2307   Chicken, broilers or fyers, skin only, cooked, fried, flour   1.0 serving 6 pieces	20083	Wheat flour, white, bread, enriched	137.0	1.0 cup	0.501
23600         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled         28.35         1.0 oz         0.500           23628         Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 oz         0.500           23436         Beef, New Zealand, imported, subcutaneous fat, raw         113.0         4.0 oz         0.999           23034         Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw         40.0         1.0 medallion         0.499           06406         Soup, bean with frankfurters, canned, prepared with equal volume water         250.0         1.0 cup (8 fl oz)         0.498           11211         Edamane, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.496           17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         3.0 oz         0.496           17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         1.0 serving prices         0.496           17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         1.0 serving prices         0.496           17068         BURGER KING, CROISSANWICH with Egg and Cheese         1	20129	Wheat flours, bread, unenriched	137.0	1.0 cup unsifted, dipped	0.501
23628         Beef, tenderloin, steak, sparable lean only, trimmed to 1/8" fat, choice, cooked, broiled         28.35         1.0 oz         0.500           23436         Beef, New Zealand, imported, subcutaneous fat, raw         113.0         4.0 oz         0.499           23034         Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw         40.0         1.0 medallion         0.499           06406         Soup, bean with frankfurters, canned, prepared with equal volume water         25.00         1.0 cup (8 fl oz)         0.498           11211         Edamame, frozen, unprepared         118.0         1.0 cup (8 fl oz)         0.498           17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         3.0 oz         0.496           07915         Sausage, Polish, beef with chicken, hot         55.0         1.0 serving 5 pieces         0.496           07915         Sausage, Polish, beef with chicken, hot         55.0         1.0 serving 5 pieces         0.496           1802         Fish, anchovy, european, canned in oil, drained solids         28.35         1.0 serving 5 pieces         0.495           11180         Cora, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           16427	23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	28.35	1.0 oz	0.501
23436         Beef, New Zealand, imported, subcutaneous fat, raw         113.0         4.0 oz         0.499           23034         Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw         40.0         1.0 medallion         0.499           06406         Soup, bean with frankfurters, canned, prepared with equal volume water         25.00         1.0 cup (8 fl oz)         0.498           11211         Edamame, frozen, unprepared         118.0         1.0 cup (9 fl oz)         0.497           17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         3.0 oz         0.496           07915         Sausage, Polish, beef with chicken, hot         55.0         1.0 serving 5 pieces         0.496           21385         BURGER KING, CROISSAN/WICH with Egg and Cheese         110.0         1.0 imm         0.496           15002         Fish, anchovy, curopean, canned in oil, drained solids         28.35         1.0 oz, boneless         0.495           11180         Corn, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           16427         Tofu, raw, regular, prepared with calcium sulfate         124.0         0.5 cup         0.491           23590         Beef, round, bottom round, roast, separable lea	23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	28.35	1.0 oz	0.500
Beef, chuck, shoulder fold, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw   40.0   1.0 medallion   0.499	23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	28.35	1.0 oz	0.500
choice, raw choice choice, raw choice, raw choice, raw choice, raw choice, raw choice	23436	Beef, New Zealand, imported, subcutaneous fat, raw	113.0	4.0 oz	0.499
Edamame, frozen, unprepared   118.0   1.0 cup   0.497     17067   Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked   85.0   3.0 oz   0.496     17067   Sausage, Polish, beef with chicken, hot   55.0   1.0 serving 5 pieces   0.496     17068   BURGER KING, CROISSAN'WICH with Egg and Cheese   110.0   1.0 item   0.496     17060   Fish, anchovy, european, canned in oil, drained solids   28.35   1.0 oz, boneless   0.495     17180   Corn, sweet, yellow, frozen, kernels on cob, unprepared   165.0   1.0 cup kernels   0.495     17191   Corn, sweet, white, frozen, kernels on cob, unprepared   165.0   1.0 cup kernels   0.495     17061   Tofiu, raw, regular, prepared with calcium sulfate   124.0   0.5 cup   0.491     17061   Chicken, broilers or fryers, skin only, cooked, fried, flour   33.0   1.0 unit (yield from 1 lb ready-to-cook chicken)   0.491     17061   DoMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust   123.0   1.0 unit (yield from 1 lb ready-to-cook chicken)   0.490     17061   Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted   28.5   1.0 oz   0.490     17061   DoMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust   123.0   1.0 slice   0.490     17062   Beef, cured, dried   28.0   1.0 slice   0.490     17073   Oven-roasted chicken breast roll   56.0   1.0 serving 2 oz   0.489     17074   Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water   169.0   1.0 serving 2 oz   0.488     17075   1.0 oz   0.488     17076   1.0 oz   0.488     17077   1.0 oz   0.488     17078   1.0 oz   0.488     17079   1.0 oz	23034		40.0	1.0 medallion	0.499
17067         Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked         85.0         3.0 oz         0.496           07915         Sausage, Polish, beef with chicken, hot         55.0         1.0 serving 5 pieces         0.496           21385         BURGER KING, CROISSANWICH with Egg and Cheese         110.0         1.0 item         0.496           15002         Fish, anchovy, european, canned in oil, drained solids         28.35         1.0 cup kernels         0.495           11180         Corn, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           11913         Corn, sweet, white, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           16427         Tofu, raw, regular, prepared with calcium sulfate         124.0         0.5 cup         0.491           05017         Chicken, broilers or fryers, skin only, cooked, fried, flour         33.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.491           23590         Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted         28.35         1.0 oz         0.490           13350         Beef, cured, dried         28.0         10.0 slices         0.489           07935         Oven-roasted chicken breast roll <t< td=""><td>06406</td><td>Soup, bean with frankfurters, canned, prepared with equal volume water</td><td>250.0</td><td>1.0 cup (8 fl oz)</td><td>0.498</td></t<>	06406	Soup, bean with frankfurters, canned, prepared with equal volume water	250.0	1.0 cup (8 fl oz)	0.498
07915         Sausage, Polish, beef with chicken, hot         55.0         1.0 serving 5 pieces         0.496           21385         BURGER KING, CROISSAN'WICH with Egg and Cheese         110.0         1.0 item         0.496           15002         Fish, anchovy, european, canned in oil, drained solids         28.35         1.0 oz, boneless         0.495           11180         Corn, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           11913         Corn, sweet, white, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           16427         Tofu, raw, regular, prepared with calcium sulfate         124.0         0.5 cup         0.491           05017         Chicken, broilers or fryers, skin only, cooked, fried, flour         33.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.491           23590         Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted         28.35         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.490           21281         DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust         123.0         1.0 slice         0.490           13350         Beef, cured, dried         28.0         10.0 slices         0.489           07935         Oven-roasted chicken breast roll	11211	Edamame, frozen, unprepared	118.0	1.0 cup	0.497
21385         BURGER KING, CROISSAN'WICH with Egg and Cheese         110.0         1.0 item         0.496           15002         Fish, anchovy, european, canned in oil, drained solids         28.35         1.0 oz, boneless         0.495           11180         Corn, sweet, yellow, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           11913         Corn, sweet, white, frozen, kernels on cob, unprepared         165.0         1.0 cup kernels         0.495           16427         Tofu, raw, regular, prepared with calcium sulfate         124.0         0.5 cup         0.491           05017         Chicken, broilers or fryers, skin only, cooked, fried, flour         33.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.491           23590         Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted         28.35         1.0 oz         0.490           21281         DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust         123.0         1.0 slice         0.490           13350         Beef, cured, dried         28.0         10.0 slices         0.489           07935         Oven-roasted chicken breast roll         56.0         1.0 serving 2 oz         0.489           16345         Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water         16	17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.496
Fish, anchovy, european, canned in oil, drained solids   28.35   1.0 oz, boneless   0.495	07915	Sausage, Polish, beef with chicken, hot	55.0	1.0 serving 5 pieces	0.496
11180       Corn, sweet, yellow, frozen, kernels on cob, unprepared       165.0       1.0 cup kernels       0.495         11913       Corn, sweet, white, frozen, kernels on cob, unprepared       165.0       1.0 cup kernels       0.495         16427       Tofu, raw, regular, prepared with calcium sulfate       124.0       0.5 cup       0.491         05017       Chicken, broilers or fryers, skin only, cooked, fried, flour       33.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.491         23590       Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted       28.35       1.0 oz       0.490         21281       DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust       123.0       1.0 slice       0.490         13350       Beef, cured, dried       28.0       10.0 slices       0.489         07935       Oven-roasted chicken breast roll       56.0       1.0 serving 2 oz       0.489         16345       Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water       169.0       1.0 cup       0.488         2866       Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled       28.35       1.0 oz       0.488         06051       Soup, pea, split with ham, canned, condensed       135.0       0.5 cup (4 fl oz)       0.488	21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	110.0	1.0 item	0.496
11913       Corn, sweet, white, frozen, kernels on cob, unprepared       165.0       1.0 cup kernels       0.495         16427       Tofu, raw, regular, prepared with calcium sulfate       124.0       0.5 cup       0.491         05017       Chicken, broilers or fryers, skin only, cooked, fried, flour       33.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.491         23590       Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted       28.35       1.0 oz       0.490         21281       DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust       123.0       1.0 slice       0.490         13350       Beef, cured, dried       28.0       10.0 slices       0.489         07935       Oven-roasted chicken breast roll       56.0       1.0 serving 2 oz       0.489         16345       Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water       169.0       1.0 cup       0.488         23626       Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled       28.35       1.0 oz       0.488         06051       Soup, pea, split with ham, canned, condensed       135.0       0.5 cup (4 fl oz)       0.485	15002	Fish, anchovy, european, canned in oil, drained solids	28.35	1.0 oz, boneless	0.495
Tofu, raw, regular, prepared with calcium sulfate  124.0  0.5 cup  0.491  0.5017 Chicken, broilers or fryers, skin only, cooked, fried, flour  33.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  0.491  23590 Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted  28.35  1.0 oz  0.490  21281 DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust  123.0  1.0 slice  0.490  13350 Beef, cured, dried  28.0  10.0 slices  0.489  07935 Oven-roasted chicken breast roll  56.0  1.0 serving 2 oz  0.489  16345 Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water  169.0  1.0 cup  0.488  2866 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled  28.35  1.0 oz  0.489  0.488	11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.495
Chicken, broilers or fryers, skin only, cooked, fried, flour  33.0  1.0 unit (yield from 1 lb ready-to-cook chicken)  0.491  23590  Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted  28.35  1.0 oz  0.490  21281  DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust  123.0  1.0 slice  0.490  13350  Beef, cured, dried  28.0  10.0 slices  0.489  07935  Oven-roasted chicken breast roll  56.0  1.0 serving 2 oz  0.489  16345  Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water  169.0  1.0 cup  0.488  23626  Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled  28.35  0.489  0.489	11913	Corn, sweet, white, frozen, kernels on cob, unprepared	165.0	1.0 cup kernels	0.495
Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted  28.35  1.0 oz  0.490  21281  DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust  123.0  1.0 slice  0.490  13350  Beef, cured, dried  28.0  10.0 slices  0.489  07935  Oven-roasted chicken breast roll  56.0  1.0 serving 2 oz  0.489  16345  Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water  169.0  1.0 cup  0.488  23626  Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled  28.35  1.0 oz  0.489  0.488  23626  Soup, pea, split with ham, canned, condensed  135.0  0.5 cup (4 fl oz)  0.485	16427	Tofu, raw, regular, prepared with calcium sulfate	124.0	0.5 cup	0.491
DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust  123.0  123.0  10.0 slice  10.490  13350  Beef, cured, dried  28.0  10.0 slices  0.489  07935  Oven-roasted chicken breast roll  10.0 serving 2 oz  0.489  16345  Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water  169.0  1.0 cup  0.488  28.2  1.0 cup  0.488  28.35  1.0 oz  0.488  06051  Soup, pea, split with ham, canned, condensed  135.0  0.5 cup (4 fl oz)  0.485	05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	33.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.491
Beef, cured, dried 28.0 10.0 slices 0.489 07935 Oven-roasted chicken breast roll 56.0 1.0 serving 2 oz 0.489 16345 Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water 169.0 1.0 cup 0.488 23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled 28.35 1.0 oz 0.488 06051 Soup, pea, split with ham, canned, condensed 135.0 0.5 cup (4 fl oz) 0.485	23590	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	28.35	1.0 oz	0.490
Oven-roasted chicken breast roll  1.0 serving 2 oz  0.489  16345 Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water  169.0  1.0 cup  0.488  23626 Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled  28.35  1.0 oz  0.488  06051 Soup, pea, split with ham, canned, condensed  135.0  0.5 cup (4 fl oz)  0.489	21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	123.0	1.0 slice	0.490
Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water 169.0 1.0 cup 0.488  Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled 28.35 1.0 oz 0.488  Soup, pea, split with ham, canned, condensed 135.0 0.5 cup (4 fl oz) 0.485	13350	Beef, cured, dried	28.0	10.0 slices	0.489
Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled  Soup, pea, split with ham, canned, condensed  28.35  1.0 oz  0.488	07935	Oven-roasted chicken breast roll	56.0	1.0 serving 2 oz	0.489
06051 Soup, pea, split with ham, canned, condensed 135.0 0.5 cup (4 fl oz) 0.485	16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	169.0	1.0 cup	0.488
	23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	28.35	1.0 oz	0.488
22910 Lasagna, cheese, frozen, prepared 225.0 1.0 cup 1 serving 0.484	06051	Soup, pea, split with ham, canned, condensed	135.0	0.5 cup (4 fl oz)	0.485
	22910	Lasagna, cheese, frozen, prepared	225.0	1.0 cup 1 serving	0.484

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	28.0	3.0 oz	0.483
06451	Soup, pea, split with ham, canned, prepared with equal volume water	253.0	1.0 cup (8 fl oz)	0.483
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	28.35	1.0 oz	0.483
12022	Seeds, safflower seed meal, partially defatted	28.35	1.0 oz	0.482
17285	Lamb, Australian, imported, fresh, separable fat, cooked	85.0	3.0 oz	0.482
21009	Fast foods, biscuit, with sausage	111.0	1.0 item	0.482
05143	Duck, domesticated, liver, raw	44.0	1.0 liver	0.479
05236	Turkey, young hen, skin only, cooked, roasted	31.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.479
21011	Fast foods, croissant, with egg and cheese	127.0	1.0 croissant	0.476
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	85.0	3.0 oz	0.476
36022	APPLEBEE'S, crunchy onion rings	350.0	1.0 serving	0.476
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.476
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	30.0	1.0 medallion	0.476
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	48.0	1.0 bar	0.475
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	127.0	1.0 hot pocket (1 NLEA serving)	0.475
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	28.35	1.0 oz	0.475
22905	Beef stew, canned entree	196.0	1.0 cup (1 serving)	0.474
16010	Beans, baked, canned, with pork and sweet sauce	249.0	1.0 cup	0.473
11039	Lima beans, immature seeds, frozen, baby, unprepared	164.0	1.0 cup	0.472
07954	Beef sausage, pre-cooked	48.0	1.0 serving	0.472
11184	Corn with red and green peppers, canned, solids and liquids	227.0	1.0 cup	0.472
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	102.0	1.0 each taco	0.471
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.470
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.470
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	165.0	1.0 cup kernels	0.470
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.470
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	165.0	1.0 cup kernels	0.470
22956	Lasagna, Vegetable, frozen, baked	227.0	1.0 serving	0.470
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	28.35	1.0 oz	0.468
21023	Fast foods, french toast with butter	135.0	2.0 slices	0.467
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	28.35	1.0 oz	0.465
01015	Cheese, cottage, lowfat, 2% milkfat	113.0	4.0 oz	0.462
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	210.0	1.0 cup	0.462
11909	Corn, sweet, white, canned, vacuum pack, no salt added	210.0	1.0 cup	0.462
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	210.0	1.0 cup	0.462

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11908	Corn, sweet, white, canned, vacuum pack, regular pack	210.0	1.0 cup	0.462
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	85.0	3.0 oz	0.461
10894	Pork, cured, ham, separable fat, boneless, heated	85.0	3.0 oz	0.461
12012	Seeds, hemp seed, hulled	30.0	3.0 tbsp	0.458
07914	Sausage, Italian, sweet, links	84.0	1.0 link 3 oz	0.457
07911	Liverwurst spread	55.0	0.25 cup	0.456
12170	Seeds, sesame flour, high-fat	28.35	1.0 oz	0.456
08120	Cereals, oats, regular and quick, not fortified, dry	81.0	1.0 cup	0.456
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	256.0	1.0 cup	0.456
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	256.0	1.0 cup	0.456
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	256.0	1.0 cup	0.456
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	165.0	1.0 cup	0.455
22912	Spaghetti, with meatballs in tomato sauce, canned	246.0	1.0 cup	0.455
16011	Beans, baked, canned, with pork and tomato sauce	246.0	1.0 cup	0.455
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	180.0	1.0 cup	0.454
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	240.0	1.0 cup	0.454
16044	Beans, pinto, mature seeds, canned, solids and liquids	240.0	1.0 cup	0.454
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	180.0	1.0 cup	0.454
01287	Yogurt, Greek, plain, lowfat	200.0	1.0 container (7 oz)	0.450
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	118.0	1.0 slice	0.450
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	107.0	1.0 slice	0.448
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	197.0	1.0 serving	0.447
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	117.0	1.0 slice 1/8 pizza	0.447
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	117.0	1.0 slice	0.447
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.444
20077	Wheat bran, crude	58.0	1.0 cup	0.444
07019	Chorizo, pork and beef	28.35	1.0 oz	0.442
01138	Egg, duck, whole, fresh, raw	70.0	1.0 egg	0.442
07020	Corned beef loaf, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.441
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.441
11245	Lambsquarters, cooked, boiled, drained, without salt	180.0	1.0 cup, chopped	0.441
11794	Lambsquarters, cooked, boiled, drained, with salt	180.0	1.0 cup, chopped	0.441
11658	Spinach souffle	136.0	1.0 cup	0.439
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	170.0	1.0 cup	0.439
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	170.0	1.0 cup	0.439
12144	Nuts, pecans, oil roasted, without salt added	110.0	1.0 cup	0.438

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
12644	Nuts, pecans, oil roasted, with salt added	110.0	1.0 cup	0.438
05195	Turkey, all classes, wing, meat and skin, raw	33.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.437
05027	Chicken, liver, all classes, raw	44.0	1.0 liver	0.437
13357	Beef, cured, sausage, cooked, smoked	43.0	1.0 sausage	0.437
05324	Chicken patty, frozen, cooked	60.0	1.0 patty	0.437
01012	Cheese, cottage, creamed, large or small curd	113.0	4.0 oz	0.434
20048	Rice, white, long-grain, precooked or instant, enriched, dry	95.0	1.0 cup	0.433
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	182.0	1.0 crust	0.433
12142	Nuts, pecans	109.0	1.0 cup, chopped	0.433
15035	Fish, haddock, smoked	28.35	1.0 oz, boneless	0.433
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook turkey)	0.429
11167	Corn, sweet, yellow, raw	145.0	1.0 cup	0.428
07932	Chicken breast, fat-free, mesquite flavor, sliced	42.0	1.0 serving 2 slices	0.426
07933	Chicken breast, oven-roasted, fat-free, sliced	42.0	1.0 serving 2 slices	0.426
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	28.35	1.0 oz	0.426
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	262.0	1.0 cup	0.424
15042	Fish, herring, Atlantic, kippered	28.35	1.0 oz, boneless	0.422
05323	Chicken patty, frozen, uncooked	60.0	1.0 patty	0.421
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	55.0	1.0 bar	0.420
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	104.0	1.0 slice	0.419
20093	Pasta, fresh-refrigerated, plain, as purchased	128.0	4.5 oz	0.419
20064	Rye flour, medium	102.0	1.0 cup	0.418
15168	Mollusks, oyster, eastern, cooked, breaded and fried	85.0	3.0 oz	0.417
19407	Snacks, beef sticks, smoked	28.35	1.0 oz	0.417
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	96.0	1.0 slice	0.417
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.416
20581	Wheat flour, white, all-purpose, enriched, unbleached	125.0	1.0 cup	0.415
20481	Wheat flour, white, all-purpose, unenriched	125.0	1.0 cup	0.415
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	125.0	1.0 cup	0.415
20081	Wheat flour, white, all-purpose, enriched, bleached	125.0	1.0 cup	0.415
07921	Bacon and beef sticks	28.0	1.0 oz	0.414
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	28.0	1.0 serving 5 slices	0.414
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	278.0	1.0 package (10 oz) yields	0.414
11182	Corn, yellow, whole kernel, frozen, microwaved	141.0	1.0 cup	0.413
06061	Soup, tomato beef with noodle, canned, condensed	251.0	1.0 cup (8 fl oz)	0.412
23420	Beef, New Zealand, imported, intermuscular fat, raw	113.0	4.0 oz	0.410

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07029	Ham, sliced, regular (approximately 11% fat)	56.0	56.0 grams 1 serving	0.409
07957	Pork and turkey sausage, pre-cooked	57.0	1.0 serving	0.409
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	113.0	1.0 slice	0.409
07021	Dutch brand loaf, chicken, pork and beef	38.0	1.0 slice	0.409
17166	Game meat, elk, raw	28.35	1.0 oz	0.409
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.408
11906	Corn, sweet, white, canned, cream style, regular pack	256.0	1.0 cup	0.407
11772	Corn, sweet, yellow, canned, cream style, no salt added	256.0	1.0 cup	0.407
11907	Corn, sweet, white, canned, cream style, no salt added	256.0	1.0 cup	0.407
11174	Corn, sweet, yellow, canned, cream style, regular pack	256.0	1.0 cup	0.407
16159	Tofu, extra firm, prepared with nigari	91.0	0.2 block	0.407
17164	Game meat, deer, raw	28.35	1.0 oz	0.406
11031	Lima beans, immature seeds, raw	156.0	1.0 cup	0.406
15026	Fish, eel, mixed species, cooked, dry heat	28.35	1.0 oz, boneless	0.405
19061	Snacks, trail mix, tropical	140.0	1.0 cup	0.405
05705	Turkey, whole, meat only, with added solution, roasted	28.0	3.0 oz	0.403
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	170.0	1.0 cup	0.403
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	170.0	1.0 cup	0.403
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	96.0	1.0 slice	0.402
20114	Noodles, japanese, soba, dry	57.0	2.0 oz	0.402
13333	Beef, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.402
07944	Turkey, white, rotisserie, deli cut	48.0	1.69 oz (1 serving)	0.401
15127	Fish, tuna, fresh, yellowfin, raw	28.35	1.0 oz, boneless	0.401
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.399
20420	Pasta, dry, unenriched	91.0	1.0 cup spaghetti	0.399
20120	Pasta, dry, enriched	91.0	1.0 cup spaghetti	0.399
15048	Fish, mackerel, jack, canned, drained solids	28.35	1.0 oz, boneless	0.398
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	28.35	1.0 oz	0.397
20082	Wheat flour, white, all-purpose, self-rising, enriched	125.0	1.0 cup	0.396
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	28.35	1.0 oz	0.395
36418	Restaurant, Mexican, refried beans	148.0	1.0 cup	0.395
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.394
15085	Fish, salmon, sockeye, raw	28.35	1.0 oz, boneless	0.393
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	202.0	1.0 pie crust (average weight)	0.392
36026	CRACKER BARREL, onion rings, thick-cut	261.0	1.0 serving	0.391
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	170.0	1.0 cup	0.391

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	170.0	1.0 cup	0.391
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.391
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.390
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.390
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.389
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	160.0	1.0 cup	0.389
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.388
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	198.0	1.0 cup	0.388
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	100.0	1.0 slice	0.386
36036	Restaurant, family style, onion rings	259.0	1.0 serving	0.386
11497	Succotash, (corn and limas), canned, with cream style corn	266.0	1.0 cup	0.386
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	41.0	1.0 piece	0.385
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.385
17202	Veal, variety meats and by-products, liver, raw	28.35	1.0 oz	0.384
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.384
36411	Restaurant, Latino, tamale, corn	166.0	1.0 piece	0.383
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.383
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.382
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	225.0	1.0 pie crust (average weight)	0.382
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.382
11843	Potatoes, au gratin, home-prepared from recipe using margarine	245.0	1.0 cup	0.382
11373	Potatoes, au gratin, home-prepared from recipe using butter	245.0	1.0 cup	0.382
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.382
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	248.0	1.0 cup	0.382
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.381
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.381
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381
06004	Soup, bean with pork, canned, condensed	130.0	0.5 cup	0.381
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.381
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.380
13891	Beef, round, top round, steak, separable lean and fat, trimmed to $1/8$ " fat, all grades, raw	28.35	1.0 oz	0.380
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.380
05712	Turkey, retail parts, wing, meat only, raw	28.0	3.0 oz	0.380

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11811	Peas, green, cooked, boiled, drained, with salt	160.0	1.0 cup	0.379
11305	Peas, green, cooked, boiled, drained, without salt	160.0	1.0 cup	0.379
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.378
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	164.0	1.0 cup	0.376
01226	Egg substitute, liquid or frozen, fat free	60.0	0.25 cup	0.374
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.374
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.374
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	30.0	0.25 cup	0.374
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	30.0	0.25 cup	0.374
07926	Salami, Italian, pork	28.0	1.0 oz	0.374
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.374
03053	Babyfood, dinner, vegetables and beef, strained	256.0	1.0 cup	0.374
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.374
13358	Beef, cured, smoked, chopped beef	28.0	1.0 slice (1 oz)	0.374
17180	Game meat, rabbit, wild, raw	28.35	1.0 oz	0.373
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.372
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.372
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.371
11501	Succotash, (corn and limas), frozen, unprepared	156.0	1.0 cup	0.370
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.370
17144	Game meat, antelope, raw	28.35	1.0 oz	0.370
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	24.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.369
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	87.0	1.0 slice	0.368
36404	Restaurant, Latino, arroz con leche (rice pudding)	283.0	1.0 serving	0.368
01123	Egg, whole, raw, fresh	50.0	1.0 large	0.368
15138	Crustaceans, crab, alaska king, imitation, made from surimi	85.0	3.0 oz	0.367
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.367
22977	Lasagna with meat sauce, frozen, prepared	123.0	1.0 piece side	0.367
01131	Egg, whole, cooked, poached	50.0	1.0 large	0.366
13353	Beef, cured, luncheon meat, jellied	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.366
20089	Wild rice, cooked	164.0	1.0 cup	0.366
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.366
01128	Egg, whole, cooked, fried	46.0	1.0 large	0.366
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	126.0	1.0 piece	0.365

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36005	APPLEBEE'S, chicken tenders, from kids' menu	35.0	1.0 piece	0.365
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	255.0	1.0 cup	0.365
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	57.0	2.0 oz	0.364
17172	Game meat, moose, raw	28.35	1.0 oz	0.363
22916	Lasagna with meat & Samp; sauce, frozen entree	134.0	1.0 piece side	0.363
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	55.0	1.0 bar	0.363
15170	Mollusks, oyster, eastern, canned	85.0	3.0 oz	0.363
20139	Wheat, KAMUT khorasan, cooked	172.0	1.0 cup	0.363
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	140.0	1.0 сир	0.363
10174	Pork, fresh, variety meats and by-products, tail, raw	28.35	1.0 oz	0.362
10110	Pork, fresh, variety meats and by-products, liver, raw	28.35	1.0 oz	0.362
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.362
06049	Soup, pea, green, canned, condensed	128.0	0.5 cup	0.361
17158	Game meat, boar, wild, raw	28.35	1.0 oz	0.361
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	170.0	1.0 container (6 oz)	0.360
43261	Yogurt, fruit variety, nonfat	170.0	1.0 container (6 oz)	0.360
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	85.0	3.0 oz	0.360
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.359
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	26.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.359
17099	Veal, leg (top round), separable lean only, raw	28.35	1.0 oz	0.359
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.359
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.359
25025	Snacks, soy chips or crisps, salted	28.35	1.0 oz	0.358
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.358
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	85.0	3.0 oz	0.358
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.357
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.357
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.356
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.356
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.355
01094	Milk, buttermilk, dried	30.0	0.25 cup	0.355
13023	Beef, brisket, whole, separable lean only, all grades, raw	28.35	1.0 oz	0.354
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	102.0	1.0 slice	0.354
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.354
17094	Veal, leg (top round), separable lean and fat, raw	28.35	1.0 oz	0.354
11987	Mushrooms, oyster, raw	148.0	1.0 large	0.354

1920   Yogurt, fruit, low fast, with low calcuits: sweechers, fertified with visuanis D   1700   1.0 container (6 oz   0.354   1.0 cm protein per 8 outner   1700   1.0 cm protein per 1 outner   1.0 cm protein pe	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
1002   Var., fr., fr., composite of trimmed retail cuts (sg., loin, shoulder), separable lean only, rism   1002   Park, fr., fr., composite of trimmed retail cuts (sg., loin, shoulder), separable lean only, rimmed to 1/8" fat.   1283   28.35   1.0 oz   0.352     1286   Ref., roand, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw   28.35   1.0 oz   0.352     1286   Ref., roand, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.352     1292   Pork, fr., fr., composite of trimmed retail cuts (oin and shoulder black), separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.351     1293   Lank, domestic, leg., shrini half, equatable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.359     1294   Lank, domestic, leg., shrini half, equatable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.359     1294   Ref., fr., fr., composite of trimmed retail cuts (oin and shoulder black), separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.359     1294   Lank, domestic, leg., shrini half, equatable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.359     1295   Lank, domestic, leg., shrini half, equatable lean only, trimmed to 1/8" fat, choice, raw   28.35   1.0 oz   0.349     1296   Lank, Australian, imported, fr., fr., la, constant of the constant of th	01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	170.0	1.0 container (6 oz)	0.354
10002   Pork, fresh, composite of trimmed retail cuts (leg., loin, shoulder), separable lean only, trimmed to 18° fat, traw   28.35   1.0 oz   0.352     17308   Lamb, Australian, imported, fresh, leg., center slice, bone-in, separable lean only, trimmed to 18° fat, two   28.35   1.0 oz   0.352     18364   Beef, round, full cut, separable lean and fat, trimmed to 18° fat, choice, raw   28.35   1.0 oz   0.352     1022   Pork, fresh, composite of trimmed retail cuts (lein and shoulder) hade), separable lean only, raw   28.35   1.0 oz   0.351     17013   Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 14° fat, choice, raw   28.35   1.0 oz   0.350     17021   Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 14° fat, choice, raw   28.35   1.0 oz   0.350     17021   Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 14° fat, choice, raw   28.35   1.0 oz   0.350     17021   Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 14° fat, choice, raw   28.35   1.0 oz   0.350     17017   Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 18° fat, raw   28.35   1.0 oz   0.349     17249   Lamb, Australian, imported, fresh, leg, sirloin half, separable lean only, trimmed to 18° fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg, sirloin half, separable lean only, trimmed to 18° fat, raw   28.35   1.0 oz   0.349     17206   Lamb, Australian, imported, fresh, leg, sirloin chops, boncless, separable lean only, trimmed to 18° fat, raw   28.35   1.0 oz   0.349     17206   Came meat, histon, separable lean only, raw   28.35   1.0 oz   0.348     17156   Game meat, histon, separable lean only, raw   28.35   1.0 oz   0.348     17150   Game meat, histon, separable lean only, raw   28.35   1.0 oz   0.348     17151   Game meat, histon, separable lean only, raw   28.35   1.0 oz   0.348     17151   Game meat, histon, separable lean only, trimmed to 18° fat, choice, raw   28.35   1.0 oz   0.348     17151   Game	01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.354
17308   Lamb, Australian, imported, fresh, leg, center silee, boat-in, separable lean only, trimmed to 1/8" fat, choice, raw   28.35   1.0 oz   0.352     18866   Boef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw   28.35   1.0 oz   0.352     18866   Boef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.352     18866   Boef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.352     18867   Ports, fresh, composite of trimmed retail cuts (loin and shoulder black), separable lean only, raw   28.35   1.0 oz   0.359     18901   Lamb, domestic, leg, subtok lanks and sirbin), separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.359     18901   RACKER BARREL, macent on these   1.0 oz   1.0 serving   0.359     18902   RACKER BARREL, macent on these   1.0 oz   1.0 serving   0.359     18903   Lamb, Australian, imported, fresh, leg, strint half, boneless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18904   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18905   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18906   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18906   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18907   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18908   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     18909   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.348     18909   Lamb, Australian,	01203	Yogurt, fruit, lowfat, with low calorie sweetener	170.0	1.0 container (6 oz)	0.354
1998   raw   28.5   10.00   0.552	10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	28.35	1.0 oz	0.352
1886   Bedr. round, full cut., separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 or   0.352     10228   Pork, fresh, composite of trimmed retail cuts (foin and shoulder blade), separable lean only, raw   28.35   1.0 or   0.351     10218   Lamb, domestic, leg., whole (shank and siriotio), separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 or   0.350     10218   Lamb, domestic, leg., shroin half, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 or   0.350     10219   Lamb, domestic, leg., shank half, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 or   0.350     10219   Bedr. New Zealand, imported, intermuscular fat, cooked   85.0   3.0 or   0.349     12340   Lamb, Australian, imported, fresh, leg., sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.349     12340   Lamb, Australian, imported, fresh, leg., shole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.349     12340   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.349     12340   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.349     12340   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.348     12340   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 or   0.348     12340   Came meat, bison, separable lean only, raw   28.35   1.0 or   0.348     12341   Came meat, bison, separable lean only, raw   28.35   1.0 or   0.348     12341   Came meat, bison, separable lean only, raw   28.35   1.0 or   0.348     12342   Came meat, bison, separable lean only, raw   28.35   1.0 or   0.348     12343   Came meat, bison, separable lean only, rimmed to 1/4" fat, choice, raw   145.0   1.0 cm   0.346     12344   Cinchen, broilers or fryers, s	17308		28.35	1.0 oz	0.352
10228   Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw   28.35   1.0 oz   0.350     17013   Lamb, domestic, leg., whole (shank and sirloin), separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17021   Lamb, domestic, leg., shank half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17017   Lamb, domestic, leg., shank half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17018   Lamb, domestic, leg., shank half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17019   Lamb, domestic, leg., shank half, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17290   Lamb, Australian, imported, fresh, leg., sirloin half, boncless, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17292   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg., shank half, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg., sirloin chops, boncless, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg., sirloin chops, boncless, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg., sirloin chops, boncless, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg., sirloin chops, boncless, separable lean only, trimmed to 178" fat, raw   28.35   1.0 oz   0.348     17296   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17297   Pormulated provided for strip of trip of	13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.352
17013   Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.352
17021   Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17017   Lamb, domestic, leg, shank half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17017   Lamb, domestic, leg, shank half, separable lean only, trimmed to 14" fat, choice, raw   28.35   1.0 oz   0.350     17300   Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 18" fat, raw   28.35   1.0 oz   0.349     17300   Lamb, Australian, imported, fresh, leg, shrole (shank and sirloin), separable lean only, trimmed to 18" fat, raw   28.35   1.0 oz   0.349     17292   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 18" fat, raw   28.35   1.0 oz   0.349     17304   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 18" fat, raw   28.35   1.0 oz   0.349     17304   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 18" fat, raw   28.35   1.0 oz   0.348     17305   Came meat, bioson, separable lean only, raw   28.35   1.0 oz   0.348     17306   Game meat, bioson, separable lean only, raw   28.35   1.0 oz   0.348     17307   Game meat, horse, raw   28.35   1.0 oz   0.348     17308   Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning   28.35   1.0 oz   0.348     17309   Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning   28.35   1.0 oz   0.348     17300   1	10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	28.35	1.0 oz	0.351
1750   1.0 serving   0.350   1.0 serving   1.0 ser	17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
17017         Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw         28.35         1.0 αz         0.350           23419         Beef, New Zealand, imported, internuscular fat, cooked         85.0         3.0 αz         0.349           17300         Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw         28.35         1.0 αz         0.349           17292         Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw         28.35         1.0 αz         0.349           17296         Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw         28.35         1.0 αz         0.349           17304         Came meat, bison, separable lean only, raw         28.35         1.0 αz         0.348           17156         Game meat, bison, separable lean only, raw         28.35         1.0 αz         0.348           17107         Game meat, bison, separable lean only, raw         28.35         1.0 αz         0.348           17108         Came meat, bison, separable lean only, raw         28.35         1.0 αz         0.348           17209         Came meat, bison, separable lean only, cooked, rotisserie, original seasoning         28.35         1.0 αz         0.348           1834 <td>17021</td> <td>Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw</td> <td>28.35</td> <td>1.0 oz</td> <td>0.350</td>	17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
23419   Beef, New Zealand, imported, intermuscular fat, cooked   85.0   3.0 oz   0.349     17300   Lamb, Australian, imported, fresh, leg, sirloin half, boncless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17292   Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17304   Lamb, Australian, imported, fresh, leg, sirloin chops, boncless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.348     17106   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17107   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17108   Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning   28.35   1.0 oz   0.348     17104   Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning   28.35   1.0 oz   0.347     25017   Formulated bar, POWER BAR, chocolate   68.0   1.0 bar   0.347     17008   Pass, green (includes baby and lessuer types), canned, drained solids, unprepared   175.0   1.0 cup   0.346     17003   Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17284   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17285   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17296   Lamb, domestic,	36040	CRACKER BARREL, macaroni n' cheese	175.0	1.0 serving	0.350
17300   Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17292   Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17296   Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.349     17304   Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.348     17156   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17170   Game meat, horse, raw   145.0   1.0 cup   0.348     17170   Game meat, horse, raw   145.0   1.0 cup   0.348     17170   Game meat, horse, raw   145.0   1.0 cup   0.348     17184   Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning   28.35   1.0 oz   0.347     25017   Formulated bar, POWER BAR, chocolate   68.0   1.0 bar   0.347     17084   Peas, green (includes baby and lesuer types), canned, drained solids, unprepared   175.0   1.0 cup   0.346     17095   Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17284   Lamb, Australian, imported, fresh, composite of trimmed to 0" fat, raw   28.35   1.0 oz   0.345     17285	17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.350
1730	23419	Beef, New Zealand, imported, intermuscular fat, cooked	85.0	3.0 oz	0.349
17292	17300	•	28.35	1.0 oz	0.349
17304   Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.348     17156   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17170   Game meat, horse, raw   28.35   1.0 oz   0.348     17180   Peas, green, raw   145.0   1.0 cup   0.348     17190   Milk, dry, norfat, calcium reduced   28.35   1.0 oz   0.348     17190   Milk, dry, norfat, calcium reduced   28.35   1.0 oz   0.347     17191   Formulated bar, POWER BAR, chocolate   68.0   1.0 bar   0.347     17190   Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.345     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.345     17283   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17284   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17285   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17286   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17287   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17288   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17289   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17280   Lamb,	17292		28.35	1.0 oz	0.349
17304   raw   28.35   1.0 oz   0.348     17156   Game meat, bison, separable lean only, raw   28.35   1.0 oz   0.348     17170   Game meat, horse, raw   28.35   1.0 oz   0.348     17170   Hard Peas, green, raw   145.0   1.0 cup   0.348     17170   Hard Peas, green, raw   145.0   1.0 cup   0.348     17170   Hard Peas, green, raw   145.0   1.0 oz   0.348     17170   Milk, dry, nonfat, calcium reduced   28.35   1.0 oz   0.348     17180   Peas, green (includes baby and lesur types), canned, drained solids, unprepared   175.0   1.0 cup   0.346     17180   Peas, green (includes baby and lesur types), canned, drained solids, unprepared   175.0   1.0 cup   0.346     17180   Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.346     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to   1.0 cup   0.345     17282   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to   1.0 cup   0.345     17284   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to   1.0 cup   0.345     17285   Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to   28.35   1.0 oz   0.345     17267   Game meat, bison, top sirloin, separable lean only, trimmed to 0.0 fat, raw   28.35   1.0 oz   0.345     17059   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17059   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17059   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17059   Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw   28.35   1.0 oz   0.345     17050   Lamb, domest	17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.349
17170       Game meat, horse, raw       28.35       1.0 oz       0.348         11304       Peas, green, raw       145.0       1.0 cup       0.348         05344       Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning       28.35       1.0 oz       0.348         01093       Milk, dry, nonfat, calcium reduced       28.35       1.0 oz       0.347         25017       Formulated bar, POWER BAR, chocolate       68.0       1.0 bar       0.347         11308       Peas, green (includes baby and lesuer types), canned, drained solids, unprepared       175.0       1.0 cup       0.346         17003       Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw       28.35       1.0 oz       0.346         17282       BURGER KING, Chicken Strips       36.0       1.0 strip       0.346         17282       Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, raw       28.35       1.0 oz       0.345         17267       Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw       28.35       1.0 oz       0.345         17059       Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw       28.35       1.0 oz       0.345	17304		28.35	1.0 oz	0.348
11304       Peas, green, raw       145.0       1.0 cup       0.348         05344       Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning       28.35       1.0 oz       0.348         01093       Milk, dry, nonfat, calcium reduced       28.35       1.0 oz       0.347         25017       Formulated bar, POWER BAR, chocolate       68.0       1.0 bar       0.347         11308       Peas, green (includes baby and lesuer types), canned, drained solids, unprepared       175.0       1.0 cup       0.346         17003       Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw       28.35       1.0 oz       0.346         21256       BURGER KING, Chicken Strips       36.0       1.0 strip       0.346         17282       Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.345         01132       Egg, whole, cooked, scrambled       61.0       1.0 large       0.345         17267       Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw       28.35       1.0 oz       0.345         17059       Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw       28.35       1.0 oz       0.345   <	17156	Game meat, bison, separable lean only, raw	28.35	1.0 oz	0.348
05344         Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning         28.35         1.0 oz         0.348           01093         Milk, dry, nonfat, calcium reduced         28.35         1.0 oz         0.347           25017         Formulated bar, POWER BAR, chocolate         68.0         1.0 bar         0.347           11308         Peas, green (includes baby and lesuer types), canned, drained solids, unprepared         175.0         1.0 cup         0.346           17003         Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw         28.35         1.0 oz         0.346           21256         BURGER KING, Chicken Strips         36.0         1.0 strip         0.346           17282         Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw         28.35         1.0 oz         0.345           01132         Egg, whole, cooked, scrambled         61.0         1.0 large         0.345           17267         Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw         28.35         1.0 oz         0.345           17059         Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw         28.35         1.0 oz         0.345	17170	Game meat, horse, raw	28.35	1.0 oz	0.348
01093       Milk, dry, nonfat, calcium reduced       28.35       1.0 oz       0.347         25017       Formulated bar, POWER BAR, chocolate       68.0       1.0 bar       0.347         11308       Peas, green (includes baby and lesuer types), canned, drained solids, unprepared       175.0       1.0 cup       0.346         17003       Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw       28.35       1.0 oz       0.346         21256       BURGER KING, Chicken Strips       36.0       1.0 strip       0.346         17282       Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.345         01132       Egg, whole, cooked, scrambled       61.0       1.0 large       0.345         17267       Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw       28.35       1.0 oz       0.345         17059       Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw       28.35       1.0 oz       0.345	11304	Peas, green, raw	145.0	1.0 cup	0.348
25017   Formulated bar, POWER BAR, chocolate   68.0   1.0 bar   0.347	05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	28.35	1.0 oz	0.348
Peas, green (includes baby and lesuer types), canned, drained solids, unprepared  175.0  1.0 cup  0.346  17003  Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw  28.35  1.0 oz  0.346  17282  Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  17282  Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  1.0 oz  0.345	01093	Milk, dry, nonfat, calcium reduced	28.35	1.0 oz	0.347
Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw  28.35  BURGER KING, Chicken Strips  36.0  1.0 strip  0.346  Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  28.35  Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  28.35  1.0 oz  0.345  1.0 large  0.345  1.0 oz  0.345  1.0 oz  0.345  1.0 oz  0.345	25017	Formulated bar, POWER BAR, chocolate	68.0	1.0 bar	0.347
BURGER KING, Chicken Strips  1.0 strip  0.346  Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  1.0 oz 0.345  Egg, whole, cooked, scrambled  61.0  1.0 large  0.345  Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw  28.35  Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw  28.35  1.0 oz 0.345	11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	175.0	1.0 cup	0.346
Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw  1.0 oz 0.345  1.10 oz 0.345	17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.346
17/282       1/8" fat, raw       28.35       1.0 oz       0.345         01132       Egg, whole, cooked, scrambled       61.0       1.0 large       0.345         17267       Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw       28.35       1.0 oz       0.345         17059       Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw       28.35       1.0 oz       0.345	21256	BURGER KING, Chicken Strips	36.0	1.0 strip	0.346
Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw  Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw  28.35  1.0 oz  0.345	17282		28.35	1.0 oz	0.345
Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw  17059  Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, 28.35	01132	Egg, whole, cooked, scrambled	61.0	1.0 large	0.345
17059 raw 28.35 1.0 oz 0.345	17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.345
Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw 28.35	17059		28.35	1.0 oz	0.345
	13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.344

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
20086	Wheat flour, white, tortilla mix, enriched	111.0	1.0 cup	0.344
09246	Peaches, dried, sulfured, uncooked	160.0	1.0 cup, halves	0.344
20065	Rye flour, light	102.0	1.0 cup	0.344
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	166.0	1.0 cup spaghetti packed	0.344
11683	Carrot, dehydrated	74.0	1.0 cup	0.343
17162	Game meat, caribou, raw	28.35	1.0 oz	0.343
17177	Game meat, rabbit, domesticated, composite of cuts, raw	28.35	1.0 oz	0.343
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	28.35	1.0 oz	0.342
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.341
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.341
42189	Milk, buttermilk, fluid, cultured, reduced fat	245.0	1.0 cup	0.341
17137	Veal, sirloin, separable lean only, raw	28.35	1.0 oz	0.340
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	28.35	1.0 oz	0.340
03054	Babyfood, dinner, vegetables and beef, junior	256.0	1.0 cup	0.340
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	29.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.340
11463	Spinach, frozen, chopped or leaf, unprepared	156.0	1.0 cup	0.340
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	28.35	1.0 oz	0.340
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.339
07945	Frankfurter, beef, heated	48.0	1.0 frankfurter	0.339
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	69.0	1.0 slice	0.339
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	116.0	1.0 cup	0.339
20137	Quinoa, cooked	185.0	1.0 cup	0.339
20084	Wheat flour, white, cake, enriched	137.0	1.0 cup unsifted, dipped	0.338
16088	Peanuts, all types, cooked, boiled, with salt	63.0	1.0 cup in shell, edible yield	0.338
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	28.35	1.0 oz	0.338
17125	Veal, shoulder, arm, separable lean only, raw	28.35	1.0 oz	0.338
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.338
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	28.35	1.0 oz	0.338
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	246.0	1.0 cup	0.337
17113	Veal, rib, separable lean only, raw	28.35	1.0 oz	0.337
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.337
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	28.35	1.0 oz	0.337
05285	Turkey, diced, light and dark meat, seasoned	28.35	1.0 oz	0.337
22954	Egg rolls, chicken, refrigerated, heated	80.0	1.0 roll	0.336
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	98.0	1.0 piece	0.335
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.335

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
15191	Fish, butterfish, cooked, dry heat	25.0	1.0 fillet	0.335
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.335
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	246.0	1.0 cup	0.335
15007	Fish, butterfish, raw	32.0	1.0 fillet	0.334
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	17.0	1.0 piece	0.334
16128	Tofu, dried-frozen (koyadofu)	17.0	1.0 piece	0.334
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.334
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	28.35	1.0 oz	0.334
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	94.0	1.0 cup	0.334
11453	Soybeans, mature seeds, sprouted, cooked, steamed	94.0	1.0 cup	0.334
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	28.35	1.0 oz	0.334
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.333
19701	Candies, semisweet chocolate, made with butter	170.0	1.0 cup chips (6 oz package)	0.333
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.333
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.333
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.333
20657	Pasta, gluten-free, corn and rice flour, cooked	141.0	1.0 cup spaghetti	0.333
15055	Fish, mullet, striped, raw	28.35	1.0 oz	0.332
05053	Chicken, broilers or fryers, back, meat only, raw	31.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.331
05665	Ground turkey, 93% lean, 7% fat, raw	28.35	1.0 oz	0.331
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	70.0	1.0 serving (makes about 1 cup prepared)	0.330
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.330
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.330
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	256.0	1.0 cup	0.330
36602	Restaurant, Chinese, fried rice, without meat	137.0	1.0 cup	0.330
20105	Macaroni, vegetable, enriched, dry	84.0	1.0 cup spiral shaped	0.330
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.329
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.329
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	28.35	1.0 oz	0.329
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.329
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	31.0	2.0 large	0.328
35183	Corn, dried, yellow (Northern Plains Indians)	28.35	1.0 oz	0.328
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	28.35	1.0 oz	0.327
10117	Pork, fresh, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.327

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.327
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	257.0	1.0 cup	0.326
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	257.0	1.0 cup	0.326
20034	Oat bran, cooked	219.0	1.0 cup	0.326
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.326
17122	Veal, shoulder, arm, separable lean and fat, raw	28.35	1.0 oz	0.326
07050	Mortadella, beef, pork	28.35	1.0 oz	0.326
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.326
13149	Beef, rib, shortribs, separable lean only, choice, raw	28.35	1.0 oz	0.326
17278	Veal, shank (fore and hind), separable lean only, raw	28.35	1.0 oz	0.325
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	28.35	1.0 oz	0.325
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	28.35	1.0 oz	0.325
07963	Frankfurter, meat and poultry, cooked, boiled	50.0	1.0 frankfurter	0.324
36613	DENNY'S, macaroni & menu kid's menu	180.0	1.0 serving	0.324
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.324
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.324
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.324
17276	Veal, shank (fore and hind), separable lean and fat, raw	28.35	1.0 oz	0.323
22953	Egg rolls, pork, refrigerated, heated	85.0	1.0 roll	0.323
10072	Pork, fresh, shoulder, whole, separable lean only, raw	28.35	1.0 oz	0.323
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.323
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.323
07950	Frankfurter, meat	52.0	1.0 serving (1 hot dog)	0.322
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	28.35	1.0 oz	0.322
01108	Milk, indian buffalo, fluid	244.0	1.0 cup	0.322
07964	Frankfurter, meat and poultry, cooked, grilled	48.0	1.0 frankfurter	0.322
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	120.0	1.0 piece (2-1/2" x 2-3/4" x 1")	0.322
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.321
17134	Veal, sirloin, separable lean and fat, raw	28.35	1.0 oz	0.321
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.321
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	28.35	1.0 oz spiral slice	0.321
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	136.0	1.0 cup	0.321
20010	Buckwheat groats, roasted, cooked	168.0	1.0 cup	0.321
11029	Beans, kidney, mature seeds, sprouted, raw	184.0	1.0 cup	0.320

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.320
15121	Fish, tuna, light, canned in water, drained solids	28.35	1.0 oz	0.320
06071	Soup, vegetable beef, canned, condensed	126.0	0.5 cup	0.319
20087	Wheat, sprouted	108.0	1.0 cup	0.319
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.318
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.318
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	163.0	1.0 cup	0.318
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	163.0	1.0 cup	0.318
17110	Veal, rib, separable lean and fat, raw	28.35	1.0 oz	0.318
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.317
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.317
15068	Fish, pompano, florida, raw	28.35	1.0 oz, boneless	0.317
01286	Yogurt, Greek, vanilla, nonfat	150.0	1.0 container (5.3 oz)	0.316
17150	Game meat, beaver, raw	28.35	1.0 oz	0.316
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	28.35	1.0 oz	0.315
17214	Lamb, variety meats and by-products, spleen, raw	28.35	1.0 oz	0.315
19247	Frostings, white, fluffy, dry mix, prepared with water	315.0	1.0 package yields	0.315
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.315
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.315
19246	Frostings, white, fluffy, dry mix	207.0	1.0 package	0.315
22973	Corn dogs, frozen, prepared	78.0	1.0 corndog	0.314
10103	Pork, fresh, variety meats and by-products, heart, raw	28.35	1.0 oz	0.314
05312	Chicken, wing, frozen, glazed, barbecue flavored	29.0	1.0 piece	0.314
06211	Soup, cheese, canned, prepared with equal volume milk	251.0	1.0 cup	0.314
15179	Fish, salmon, chinook, smoked, (lox), regular	28.35	1.0 oz	0.314
15077	Fish, salmon, chinook, smoked	28.35	1.0 oz, boneless	0.314
18010	Biscuits, plain or buttermilk, dry mix	120.0	1.0 cup, purchased	0.313
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	237.0	1.0 cup	0.313
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.313
05183	Turkey, dark meat, meat and skin, raw	28.35	1.0 oz	0.312
07962	Frankfurter, meat and poultry, unheated	51.0	1.0 frankfurter	0.312
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	28.35	1.0 oz spiral slice	0.312
15027	Fish, fish sticks, frozen, prepared	57.0	1.0 piece (4" x 2" x 1/2")	0.311

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.311
11310	Peas, green, canned, seasoned, solids and liquids	227.0	1.0 cup	0.311
17174	Game meat, muskrat, raw	28.35	1.0 oz	0.311
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.310
11414	Potato salad, home-prepared	250.0	1.0 cup	0.310
07064	Pork sausage, link/patty, cooked, pan-fried	27.0	1.0 patty	0.310
11312	Peas, green, frozen, unprepared	134.0	1.0 cup	0.310
05286	Turkey and gravy, frozen	85.0	3.0 oz	0.309
01161	Cheese substitute, mozzarella	113.0	1.0 cup, shredded	0.308
11905	Corn, sweet, white, canned, whole kernel, drained solids	164.0	1.0 cup	0.308
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	154.0	1.0 pie crust (average weight of 1 baked crust)	0.308
15039	Fish, herring, Atlantic, raw	28.35	1.0 oz, boneless	0.308
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.308
07949	Frankfurter, meat, heated	52.0	1.0 serving (1 hot dog)	0.307
13002	Beef, carcass, separable lean and fat, select, raw	28.35	1.0 oz	0.307
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.306
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.305
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.305
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.305
20037	Rice, brown, long-grain, cooked	202.0	1.0 cup	0.305
13001	Beef, carcass, separable lean and fat, choice, raw	28.35	1.0 oz	0.304
21401	Fast foods, chicken tenders	30.0	1.0 strip	0.304
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	28.35	1.0 oz	0.304
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.304
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	164.0	1.0 cup	0.303
12167	Nuts, chestnuts, european, roasted	143.0	1.0 cup	0.303
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	19.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.303
15075	Fish, sablefish, smoked	28.35	1.0 oz	0.303
17193	Veal, variety meats and by-products, heart, raw	28.35	1.0 oz	0.302
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.302
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.301
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	245.0	1.0 cup	0.301

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07060	Luxury loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.300
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	240.0	1.0 cup	0.300
13346	Beef, cured, corned beef, brisket, raw	28.35	1.0 oz	0.300
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	28.35	1.0 oz	0.299
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	28.35	1.0 oz	0.299
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.299
17205	Lamb, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.299
11461	Spinach, canned, regular pack, drained solids	214.0	1.0 cup	0.297
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.297
01033	Cheese, parmesan, hard	28.35	1.0 oz	0.297
12006	Seeds, chia seeds, dried	28.35	1.0 oz	0.296
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	28.0	1.0 slice	0.296
11876	Sweet potato, cooked, boiled, without skin, with salt	328.0	1.0 cup, mashed	0.295
17271	Veal, breast, whole, boneless, separable lean and fat, raw	28.35	1.0 oz	0.295
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.294
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	169.0	1.0 cup spaghetti not packed	0.294
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	245.0	1.0 cup	0.294
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	245.0	1.0 cup	0.294
11316	Peas, mature seeds, sprouted, raw	120.0	1.0 cup	0.294
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.293
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
10106	Pork, fresh, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.293
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.293
16098	Peanut butter, smooth style, with salt	32.0	2.0 tbsp	0.293
16398	Peanut butter, smooth style, without salt	32.0	2.0 tbsp	0.293
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.293
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.293
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	28.35	1.0 oz	0.293
03066	Babyfood, dinner, vegetables and lamb, strained	256.0	1.0 cup	0.292
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.291
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.291

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16087	Peanuts, all types, raw	28.35	1.0 oz	0.291
01090	Milk, dry, whole, with added vitamin D	32.0	0.25 cup	0.291
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	242.0	1.0 cup	0.290
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.290
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	234.0	1.0 cup	0.290
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.290
19169	Egg custards, dry mix	85.0	1.0 package (3 oz)	0.290
17199	Lamb, variety meats and by-products, liver, raw	28.35	1.0 oz	0.290
16167	USDA Commodity, Peanut Butter, smooth	32.0	2.0 tbsp	0.290
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.289
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	170.0	1.0 container (6 oz)	0.289
16097	Peanut butter, chunk style, with salt	32.0	2.0 tbsp	0.289
16397	Peanut butter, chunk style, without salt	32.0	2.0 tbsp	0.289
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	265.0	1.0 cup (8 fl oz)	0.289
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.289
01113	Whey, acid, dried	57.0	1.0 cup	0.288
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	28.35	1.0 oz	0.288
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.288
11432	Radishes, oriental, dried	116.0	1.0 cup	0.288
06216	Soup, cream of chicken, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.288
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	85.0	3.0 oz	0.287
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	219.0	1.0 cup	0.287
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	119.0	1.0 cup	0.287
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.287
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.286
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.286
15171	Mollusks, oyster, Pacific, raw	50.0	1.0 medium	0.286
15231	Mollusks, oyster, Pacific, cooked, moist heat	25.0	1.0 medium	0.286
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	28.35	1.0 oz	0.285
12013	Seeds, lotus seeds, dried	32.0	1.0 cup	0.285
17183	Game meat, squirrel, raw	28.35	1.0 oz	0.285
13330	Beef, variety meats and by-products, mechanically separated beef, raw	28.35	1.0 oz	0.285
10909	Pork, cured, ham water added, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.285

Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw   136.0   1.0 cup   0.28	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
188   188   188   fat, raw	20112	Noodles, egg, spinach, enriched, cooked	160.0	1.0 cup	0.285
Chicken, skin (drumsticks and thighs), cooked, braised   28.35   1.0 oz   0.28	17318		28.35	1.0 oz	0.284
07936         Bologna, pork and turkey, lite         56.0         1.0 serving 2 oz         0.28           11774         Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt         165.0         1.0 cup         0.28           11799         Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, without salt         165.0         1.0 cup         0.28           13328         Beef, variety meats and by-products, lungs, raw         28.35         1.0 oz         0.28           17051         Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw         28.35         1.0 oz         0.28           20115         Noodles, japanese, soba, cooked         114.0         1.0 cup         0.28           1824         Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw         28.35         1.0 oz         0.28           17035         Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw         28.35         1.0 oz         0.28           17036         Lamb, ground, raw         28.35         1.0 oz         0.28           17224         Lamb, ground, raw         28.35         1.0 oz         0.28           17224         Lamb, ground, raw         28.35         1.0 oz         0.28	36017	Restaurant, family style, macaroni & menu kids' menu	136.0	1.0 cup	0.284
11774   Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt   165.0   1.0 cup   0.28     1179   Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt   165.0   1.0 cup   0.28     13328   Beef, variety meats and by-products, lungs, raw   28.35   1.0 oz   0.28     17051   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28     17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28     17191   Noodles, japanese, soba, cooked   114.0   1.0 cup   0.28     1824   Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw   28.35   1.0 oz   0.28     17035   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28     17036   Honey roll sausage, beef   23.0   1.0 slice (4" dia x 1/8" thick)   0.28     17224   Lamb, ground, raw   28.35   1.0 oz   0.28     1844   Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17327   Nuts, coconut milk, raw (liquid expressed from grated meat and water)   24.00   1.0 cup   0.28     17328   24.00   1.0 cup   0.28     17329   24.00   1.0 cup   0.28     17320   24.00   1.0 cup   0.28     17321   24.00   1.0 cup   0.28     17322   24.00   1.0 cup   0.28     17323   24.00   1.0 cup   0.28     17324   24.00   1.0 cup   0.28     17325   24.00   1.	05673	Chicken, skin (drumsticks and thighs), cooked, braised	28.35	1.0 oz	0.284
11179   Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt   165.0   1.0 cup   0.28     1328   Beef, variety meats and by-products, lungs, raw   28.35   1.0 oz   0.28     17051   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28     17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28     17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28     17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28     17192   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, all grades, raw   28.35   1.0 oz   0.28     17035   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28     17036   Honey roll sausage, beef   23.0   1.0 slice (4" dia x 1/8" thick)   0.28     17224   Lamb, ground, raw   28.35   1.0 oz   0.28     17326   Lamb, ground, raw   28.35   1.0 oz   0.28     17326   Lamb, dustralian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Gooted, beef   26.0   1.0 slice   0.28     17327   Nuts, cocont milk, raw (figuid expressed from grated meat and water)   240.0   1.0 cup   0.28     17327   Pork sausage, link/patty, fully cooked, microwaved   30.0   1.0 patty   0.28     17328   24.00   1.0 cup, cooked   0.28     17329   24.00   1.0 cup, cooked   0.28     17320   24.00   1.0 cup, cooked   0.28     17321   24.00   1.0 cup, cooked   0.28     17322   24.00   1.0 c	07936	Bologna, pork and turkey, lite	56.0	1.0 serving 2 oz	0.284
13328   Beef, variety meats and by-products, lungs, raw   28.35   1.0 oz   0.28-17051   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28-17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28-17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28-17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28-17191   Lamb, domestic, shoulder, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw   28.35   1.0 oz   0.28-17035   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28-17035   1.0 slice (4" dia x 1/8" thick)   0.28-17035   1.0 oz	11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	165.0	1.0 cup	0.284
17051   Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28-17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28-17191   Noodles, japanese, soba, cooked   114.0   1.0 cup   0.28-17191   1.0 cup   0.28-17191	11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	165.0	1.0 cup	0.284
17191   Lamb, variety meats and by-products, heart, raw   28.35   1.0 oz   0.28     20115   Noodles, japanese, soba, cooked   114.0   1.0 cup   0.28     13824   Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw   28.35   1.0 oz   0.28     17035   Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw   28.35   1.0 oz   0.28     17036   Honey roll sausage, beef   23.0   1.0 slice (4" dia x 1/8" thick)   0.28     17224   Lamb, ground, raw   28.35   1.0 oz   0.28     13844   Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 oz   0.28     17326   Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw   28.35   1.0 o	13328	Beef, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.284
20115       Noodles, japanese, soba, cooked       114.0       1.0 cup       0.28:         13824       Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw       28.35       1.0 oz       0.28:         17035       Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw       28.35       1.0 slice (4" dia x 1/8" thick)       0.28:         07088       Honey roll sausage, beef       23.0       1.0 slice (4" dia x 1/8" thick)       0.28:         17224       Lamb, ground, raw       28.35       1.0 oz       0.28:         13844       Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw       28.35       1.0 oz       0.28:         07068       Salami, cooked, beef       26.0       1.0 slice       0.28:         17326       Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.28:         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       0.28:         12117       Nuts, coconut milk, raw (liquid expressed from grated meat and water)       240.0       1.0 cup       0.28:         07953       Pork sausage, link/patty, fully cooked, microwaved       30.0       1.0 patty       0.28:	17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.284
13824   Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw   28.35   1.0 oz   0.28;	17191	Lamb, variety meats and by-products, heart, raw	28.35	1.0 oz	0.284
17035         Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw         28.35         1.0 oz         0.28.25           07088         Honey roll sausage, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.28.25           17224         Lamb, ground, raw         28.35         1.0 oz         0.28.25           13844         Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw         28.35         1.0 oz         0.28.25           07068         Salami, cooked, beef         26.0         1.0 slice         0.28.25           17326         Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw         28.35         1.0 oz         0.28.25           20453         Rice, white, short-grain, cooked, unenriched         205.0         1.0 cup         0.28.25           12117         Nuts, coconut milk, raw (liquid expressed from grated meat and water)         240.0         1.0 cup         0.28.25           07953         Pork sausage, link/patty, fully cooked, microwaved         30.0         1.0 patty         0.28.25           03127         Babyfood, vegetables, spinach, creamed, strained         240.0         1.0 cup, cooked         0.28.25           08123         Cereals, oats, instant, fortified, plain, prepared with water (boiling wate	20115	Noodles, japanese, soba, cooked	114.0	1.0 cup	0.283
17035	13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.283
17224       Lamb, ground, raw       28.35       1.0 oz       0.28         13844       Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw       28.35       1.0 oz       0.28         07068       Salami, cooked, beef       26.0       1.0 slice       0.28         17326       Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw       28.35       1.0 oz       0.28         20453       Rice, white, short-grain, cooked, unenriched       205.0       1.0 cup       0.28         12117       Nuts, coconut milk, raw (liquid expressed from grated meat and water)       240.0       1.0 cup       0.28         07953       Pork sausage, link/patty, fully cooked, microwaved       30.0       1.0 patty       0.28         03127       Babyfood, vegetables, spinach, creamed, strained       240.0       1.0 cup       0.28         08123       Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)       234.0       1.0 cup, cooked       0.28	17035	•	28.35	1.0 oz	0.283
Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw  28.35  1.0 oz  0.282  07068  Salami, cooked, beef  26.0  1.0 slice  0.282  17326  Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw  28.35  1.0 oz  0.282  20453  Rice, white, short-grain, cooked, unenriched  205.0  1.0 cup  0.282  12117  Nuts, coconut milk, raw (liquid expressed from grated meat and water)  240.0  1.0 cup  0.282  07953  Pork sausage, link/patty, fully cooked, microwaved  30.0  1.0 patty  0.282  03127  Babyfood, vegetables, spinach, creamed, strained  240.0  1.0 cup  0.283  03127  Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)  234.0  1.0 cup, cooked  0.283	07088	Honey roll sausage, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.282
Salami, cooked, beef 26.0 1.0 slice 0.282  Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw 28.35 1.0 oz 0.282  Rice, white, short-grain, cooked, unenriched 205.0 1.0 cup 0.283  Nuts, coconut milk, raw (liquid expressed from grated meat and water) 240.0 1.0 cup 0.283  Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.283  Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup 0.283  Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) 234.0 1.0 cup, cooked 0.283	17224	Lamb, ground, raw	28.35	1.0 oz	0.282
Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw  28.35  Rice, white, short-grain, cooked, unenriched  205.0  1.0 cup  0.28  12117  Nuts, coconut milk, raw (liquid expressed from grated meat and water)  240.0  1.0 cup  0.28  07953  Pork sausage, link/patty, fully cooked, microwaved  30.0  1.0 patty  0.28  03127  Babyfood, vegetables, spinach, creamed, strained  240.0  1.0 cup  0.28  08123  Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)  234.0  1.0 cup, cooked  0.28	13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	28.35	1.0 oz	0.282
Rice, white, short-grain, cooked, unenriched  205.0  1.0 cup  0.28  12117  Nuts, coconut milk, raw (liquid expressed from grated meat and water)  240.0  1.0 cup  0.28  07953  Pork sausage, link/patty, fully cooked, microwaved  30.0  1.0 patty  0.28  03127  Babyfood, vegetables, spinach, creamed, strained  240.0  1.0 cup  0.28  08123  Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)  234.0  1.0 cup, cooked  0.28	07068	Salami, cooked, beef	26.0	1.0 slice	0.282
Nuts, coconut milk, raw (liquid expressed from grated meat and water)  240.0  1.0 cup  0.28  07953 Pork sausage, link/patty, fully cooked, microwaved  30.0  1.0 patty  0.28  03127 Babyfood, vegetables, spinach, creamed, strained  240.0  1.0 cup  0.28  08123 Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)  234.0  1.0 cup, cooked  0.28	17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.281
Pork sausage, link/patty, fully cooked, microwaved 30.0 1.0 patty 0.28 03127 Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup 0.28 08123 Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) 234.0 1.0 cup, cooked 0.28 0.28 0.28 0.29 0.29 0.29 0.29 0.29 0.29 0.29 0.29	20453	Rice, white, short-grain, cooked, unenriched	205.0	1.0 cup	0.281
Babyfood, vegetables, spinach, creamed, strained 240.0 1.0 cup 0.28.  Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) 234.0 1.0 cup, cooked 0.28.	12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	240.0	1.0 cup	0.281
Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)  234.0  1.0 cup, cooked  0.28	07953	Pork sausage, link/patty, fully cooked, microwaved	30.0	1.0 patty	0.281
	03127	Babyfood, vegetables, spinach, creamed, strained	240.0	1.0 cup	0.281
15014 Fish, cisco, smoked 28.35 1.0 oz 0.28.	08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	234.0	1.0 cup, cooked	0.281
	15014	Fish, cisco, smoked	28.35	1.0 oz	0.281
Milk, filled, fluid, with blend of hydrogenated vegetable oils 244.0 1.0 cup 0.28	01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	244.0	1.0 cup	0.281
Milk, filled, fluid, with lauric acid oil 244.0 1.0 cup 0.28	01060	Milk, filled, fluid, with lauric acid oil	244.0	1.0 cup	0.281
01284 Yogurt, Greek, strawberry, lowfat 150.0 1.0 container (5.3 oz) 0.280	01284	Yogurt, Greek, strawberry, lowfat	150.0	1.0 container (5.3 oz)	0.280
01285 Yogurt, Greek, strawberry, nonfat 150.0 1.0 container (5.3 oz) 0.280	01285	Yogurt, Greek, strawberry, nonfat	150.0	1.0 container (5.3 oz)	0.280
Milk, chocolate, lowfat, with added vitamin A and vitamin D 250.0 1.0 cup 0.280	01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	250.0	1.0 cup	0.280
06165 Sauce, homemade, white, thin 250.0 1.0 cup 0.280	06165	Sauce, homemade, white, thin	250.0	1.0 cup	0.280
Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.275	01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.279
Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk 266.0 1.0 cup (8 fl oz)	14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.279
Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim) 245.0 1.0 cup 0.279	01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	245.0	1.0 cup	0.279
Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw 28.35	13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.279

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
10911	Pork, cured, ham water added, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.279
14182	Beverages, chocolate syrup, prepared with whole milk	282.0	1.0 cup (8 fl oz)	0.279
10219	Pork, fresh, ground, raw	28.35	1.0 oz	0.279
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	28.35	1.0 oz	0.278
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.278
09039	Avocados, raw, Florida	230.0	1.0 cup, pureed	0.278
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.278
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	244.0	1.0 cup	0.278
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	28.35	1.0 oz	0.278
36031	DENNY'S, onion rings	166.0	1.0 serving	0.277
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	266.0	1.0 cup (8 fl oz)	0.277
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	70.0	1.0 slice	0.276
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.276
20092	Pasta, gluten-free, corn, cooked	140.0	1.0 cup	0.276
01078	Milk, producer, fluid, 3.7% milkfat	244.0	1.0 cup	0.276
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	28.35	1.0 oz	0.276
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	246.0	1.0 cup	0.276
11514	Sweet potato, canned, mashed	255.0	1.0 cup	0.275
01039	Cheese, roquefort	28.35	1.0 oz	0.275
01088	Milk, buttermilk, fluid, cultured, lowfat	245.0	1.0 cup	0.274
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.274
11248	Lentils, sprouted, raw	77.0	1.0 cup	0.274
07010	Bologna, pork	28.0	1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz)	0.274
05176	Turkey, heart, all classes, cooked, simmered	20.0	1.0 heart	0.274
05714	Turkey, skin, from retail parts, from dark meat, raw	28.35	1.0 oz	0.273
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	244.0	1.0 cup	0.273
17222	Veal, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.272
01023	Cheese, gruyere	28.35	1.0 oz	0.272
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	28.35	1.0 oz	0.271
11902	Corn, sweet, white, cooked, boiled, drained, with salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.271
11901	Corn, sweet, white, cooked, boiled, drained, without salt	89.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.271
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.271
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	89.0	1.0 ear small (5-1/2" to 6-1/2" long)	0.271
10132	Pork, cured, feet, pickled	28.35	1.0 oz	0.270
03011	Babyfood, meat, lamb, junior	28.35	1.0 oz	0.270
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz rump	0.270

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	28.35	1.0 oz	0.270
10115	Pork, fresh, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.269
07030	Ham, minced	28.35	1.0 oz	0.269
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	159.0	1.0 cup	0.269
15245	Mollusks, oyster, eastern, farmed, raw	85.0	3.0 oz	0.269
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	250.0	1.0 cup	0.268
15175	Mollusks, squid, mixed species, raw	28.35	1.0 oz, boneless	0.267
20447	Rice, white, long-grain, parboiled, unenriched, cooked	158.0	1.0 cup	0.267
16090	Peanuts, all types, dry-roasted, with salt	28.35	1.0 oz	0.267
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	121.0	1.0 cup sliced	0.266
21224	Pizza, cheese topping, regular crust, frozen, cooked	81.0	1.0 serving 9 servings per 24 oz package	0.266
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	150.0	1.0 cup drained, rinsed	0.265
20047	Rice, white, long-grain, parboiled, enriched, cooked	158.0	1.0 cup	0.265
11046	Beans, navy, mature seeds, sprouted, raw	104.0	1.0 cup	0.265
07070	Salami, cooked, turkey	28.0	1.0 serving	0.265
07025	Frankfurter, turkey	28.35	1.0 oz	0.265
01230	Milk, buttermilk, fluid, whole	245.0	1.0 cup	0.265
11854	Spinach, cooked, boiled, drained, with salt	180.0	1.0 cup	0.265
11458	Spinach, cooked, boiled, drained, without salt	180.0	1.0 cup	0.265
15012	Fish, caviar, black and red, granular	16.0	1.0 tbsp	0.264
01038	Cheese, romano	28.35	1.0 oz	0.264
20310	Noodles, egg, cooked, enriched, with added salt	160.0	1.0 cup	0.264
20410	Noodles, egg, unenriched, cooked, without added salt	160.0	1.0 cup	0.264
20510	Noodles, egg, cooked, unenriched, with added salt	160.0	1.0 cup	0.264
20110	Noodles, egg, enriched, cooked	160.0	1.0 cup	0.264
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	90.0	1.0 slice	0.264
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	16.0	1.0 wing without skin, bone and breading	0.264
10910	Pork, cured, ham water added, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.264
07040	Liver cheese, pork	28.35	1.0 oz	0.264
36601	Restaurant, Chinese, egg rolls, assorted	89.0	1.0 piece	0.263
20041	Rice, brown, medium-grain, cooked	195.0	1.0 cup	0.263
06166	Sauce, homemade, white, medium	250.0	1.0 cup	0.262
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	28.35	1.0 oz	0.261
01089	Milk, low sodium, fluid	244.0	1.0 cup	0.261
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	244.0	1.0 cup	0.261
01077	Milk, whole, 3.25% milkfat, with added vitamin D	244.0	1.0 cup	0.261

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
07026	Ham, chopped, canned	28.35	1.0 oz	0.260
03009	Babyfood, meat, ham, junior	28.35	1.0 oz	0.258
20051	Rice, white, medium-grain, enriched, cooked	186.0	1.0 cup	0.257
20451	Rice, white, medium-grain, cooked, unenriched	186.0	1.0 cup	0.257
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	272.0	1.0 cup (8 fl oz)	0.256
15057	Fish, ocean perch, Atlantic, raw	28.35	1.0 oz, boneless	0.255
17220	Lamb, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.255
07032	Ham and cheese loaf or roll	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.255
01105	Milk, chocolate beverage, hot cocoa, homemade	250.0	1.0 cup	0.255
20053	Rice, white, short-grain, enriched, cooked	186.0	1.0 cup	0.255
05179	Turkey from whole, neck, meat only, raw	28.35	1.0 oz	0.253
16120	Soymilk, original and vanilla, unfortified	243.0	1.0 cup	0.253
16166	Soymilk, chocolate, unfortified	243.0	1.0 cup	0.253
15109	Fish, surimi	28.35	1.0 oz	0.253
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	250.0	1.0 cup	0.252
10112	Pork, fresh, variety meats and by-products, lungs, raw	28.35	1.0 oz	0.252
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	170.0	1.0 container (6 oz)	0.252
12024	Seeds, sesame seeds, whole, roasted and toasted	28.35	1.0 oz	0.251
07001	Barbecue loaf, pork, beef	28.35	1.0 oz	0.251
12034	Seeds, sesame meal, partially defatted	28.35	1.0 oz	0.251
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	256.0	1.0 cup (8 fl oz)	0.251
11019	Asparagus, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.250
11709	Asparagus, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.250
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	250.0	1.0 cup	0.250
11318	Peas and carrots, canned, regular pack, solids and liquids	255.0	1.0 cup	0.250
11816	Peas and carrots, canned, no salt added, solids and liquids	255.0	1.0 cup	0.250
05169	Turkey, skin from whole, (light and dark), raw	28.35	1.0 oz	0.249
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	233.0	1.0 cup	0.249
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	233.0	1.0 cup	0.249
07062	Picnic loaf, pork, beef	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.249
03007	Babyfood, meat, pork, strained	28.35	1.0 oz	0.249
07045	Luncheon meat, pork, canned	28.35	1.0 oz	0.249
11088	Broadbeans, immature seeds, raw	109.0	1.0 cup	0.249
06040	Soup, minestrone, canned, condensed	123.0	0.5 cup (4 fl oz)	0.248
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	138.0	1.0 piece (1/12 of a cake)	0.248
06440	Soup, minestrone, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.248

1011 b         Pot. Fiesh, variey means and by-growders, incohancelly separated, row         23.55         1.0 oz         0.238           1029 Lamb, domestic, this spealbe lean and fit, frimmed to 14" fat, choice, caw         23.51         1.0 oz         0.247           2120 LTTLE CABSARS 14" Choese Prizza, Thin Creat         48.0         1.0 cap         0.246           2035 Rice, white, long-grain, regular, croixed, cooked         18.80         1.0 cap         0.246           2045 Rice, white, long-grain, regular, croixed, unerriched, with salt         1880         1.0 cap         0.246           2045 Rice, white, long-grain, regular, croixed, unerriched, with salt         1880         1.0 cap         0.246           2045 Rice, white, long-grain, regular, croixed, unerriched, with salt         1880         1.0 cap         0.246           2045 Rice, white, long-grain, regular, croixed, unerriched, with salt         28.31         1.0 cap         0.246           2045 Rice, white, long-grain, regular, croixed, unerriched, with salt         28.0         1.0 att ly 1.0 cap         0.246           2045 Rice, long-grain, regular, long-grain, regul	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
1292         ITTT IF CAISARS 14° Crosse Pizza, Thin Creat         480         1.1 stike         0.247           20315         Rice, white, long-grain, regular, conclode, coxided         1880         1.0 cup         0.246           0455         Rice, white, long-grain, regular, coxided coxided         1880         1.0 cup         0.246           2045         Rice, white, long-grain, regular, coxided without salt         1880         1.0 cup         0.246           2045         Rice, white, long-grain, regular, coxided, without salt         1880         1.0 cup         0.246           2045         Rice, white, long-grain, regular, coxided, with salt         1880         1.0 cup         0.246           10147         Heaf, rh, shoriths, shorptull, coxided, untricled, with salt         250         1.0 link         0.246           10167         See, shomemale, white, thick         250         1.0 cup         0.246           10167         Asparages, canned, during solids         220         1.0 cup (yellar) from 10 ready-record, chicken         0.245           10112         Prof., edy, varieny means and by-products, tongs, raw         28.15         1.0 cup         0.244           10112         Prof., edy, varieny means and thy products, tongs, raw         28.15         1.0 cup         0.244           10112         Pr	10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	28.35	1.0 oz	0.248
20345         Rice, white, long-grain, regular, cooked, enriched, cooked         1580         1.0 cup         0.248           20445         Rice, white, long-grain, regular, cooked, cooked         1580         1.0 cup         0.248           2045         Rice, white, long-grain, regular, cooked, uneariched, with salt         1580         0.10 cup         0.246           2054         Rice, white, long-grain, regular, cooked, uneariched, with salt         1580         0.10 cup         0.246           2047         Rest, fix), shorthles, sparable lear and fat, choice, raw         283         1.0 cup         0.246           6167         Sance, horneade, white, flitek         290         1.0 unit yield from 10 ready-to-cook clicken         0.246           6177         Chicken, stewing, gibles, raw         2820         1.0 unit yield from 10 ready-to-cook clicken         0.246           6171         O. Ayarague, canned, clarined solish         2420         0.1 unit yield from 10 ready-to-cook clicken         0.244           6017         Ayarague, canned, canned, solid and liquids         2420         1.0 cup parel         0.244           6018         Ayarague, canned, canned, regular pack, solids and liquids         283         1.0 cup page and to 1.0 cup         0.244           6018         Spinnech, canned, regular pack, solids and liquids         284 <td< td=""><td>17029</td><td>Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw</td><td>28.35</td><td>1.0 oz</td><td>0.247</td></td<>	17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.247
2045         Rice, white, long-grain, regular, enriched, cooked without salt         1580         1.0 cup         0.246           2045         Rice, white, long-grain, regular, enriched, cooked without salt         1580         0.0 cup         0.246           20515         Rice, white, long-grain, regular, enriched, with salt         1580         0.0 cup         0.246           1847         Beaf, rib, shottribs, superable lean and fat, choice, row         28.38         1.0 mix         0.246           07063         Pork, sarsage, link/puty, unprepared         25.0         1.0 unit yield from 110 ready-to-cook chicken         0.245           05127         Chicken, stewing giblets, raw         28.0         1.0 unit yield from 110 ready-to-cook chicken         0.245           11015         Asparagus, canned, drained solids         24.0         1.0 unit yield from 110 ready-to-cook chicken         0.244           10121         Pork, frach, variety meas and by-products, tongue, raw         28.35         1.0 cu         0.244           10121         Pork, frach, variety meas and supported stempton, solids and liquids         23.40         1.0 cup page.         0.241           11859         Spinach, canner, legular puck, solids and liquids         23.40         1.0 cup page.         0.243           11859         Spinach, canner, legular puck, solids and liquids         23	21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	48.0	1.0 slice	0.247
2045         Rice, white, long-grain, regular, cooked without salt         158.0         1.0 cup         0.246           20545         Rice, white, long-grain, regular, cooked, menriched, with salt         158.0         1.0 cup         0.246           21347         Bee, fris, shorters, saperable learn and falt, choies, raw         28.3         1.0 cup         0.246           0763         Pork sausage, link/patry, unprepared         25.0         1.0 unit (yield from 116 ready-40-cook, chicken)         0.245           1617         Check, stewing, glibelts, raw         28.0         1.0 unit (yield from 116 ready-40-cook, chicken)         0.245           1015         Asparagus, cannot, drained solids         242.0         1.0 unit (yield from 116 ready-40-cook, chicken)         0.245           1016         Pork, fresh, variety meats and by-products, tongue, raw         28.3         1.0 cup         0.244           1018         Spinneh, curred, regular pack, solids and liquids         28.3         1.0 cup         0.244           1185         Spinneh, curred, regular pack, solids and liquids         234.0         1.0 cup         0.243           1333         Beef, variety means and by-groducts, band liquids         234.0         1.0 cup         0.243           1333         Nuts, mixt an act, oil roasted, without peanuts, lightly salted         28.3         1.0	20345	Rice, white, long-grain, regular, cooked, enriched, with salt	158.0	1.0 cup	0.246
20545         Rice, white, long-grain, regular, cooked, unenriched, with sall         1580         1.0 cup         0.246           13147         Beef, fith, shortibs, separable kean and fit, choice, raw         28.35         1.0 oz         0.266           09037         Por samsage, links prily, unprepared         25.0         1.0 unit (yield from 1 lb ready-to-cook chickon)         0.245           06167         Sauce, homemale, white, thick         28.0         1.0 unit (yield from 1 lb ready-to-cook chickon)         0.245           06127         Chickon, stewing, giblets, raw         28.0         1.0 unit (yield from 1 lb ready-to-cook chickon)         0.245           10121         Pork, freith, variety meats and by-products, torgue, raw         28.3         1.0 cu         0.244           10020         Checes, frée         28.3         1.0 cu         0.244           10040         Checes, frée         28.3         1.0 cu         0.244           1185         Spinach, camed, regular pack, solids and liquids         2240         1.0 cup         0.243           1185         Spinach, camed, regular pack, solids and liquids         2240         1.0 cup         0.243           1185         Spinach, camed, regular pack, solids and liquids         2240         1.0 cup         0.243           1185         Spinach, camed	20045	Rice, white, long-grain, regular, enriched, cooked	158.0	1.0 cup	0.246
1347         Bed, rh. shormbs, separable lean and fat, choice, raw         28.35         1.0 ca         0.246           0703         Perk sansage, link/patty, unprepared         25.0         1.0 link         0.246           06167         Suece, homemade, white, thick         250.0         1.0 unit (yield from 1 lb ready-to-cock chicken)         0.245           06127         Chicken, stewing, gibelis, raw         28.0         1.0 unit (yield from 1 lb ready-to-cock chicken)         0.245           11015         A sparagus, camed, drained solids         28.35         1.0 ca         0.244           1021         Pork, fresh, variety meris and thy-products, tongue, raw         28.35         1.0 ca         0.244           1016         Cheese, brie         28.35         1.0 ca         0.244           11459         Spinach, camed, orgalar pack, solids and liquids         234.0         1.0 cap         0.243           11855         Spinach, camed, no salt added, solids and liquids         234.0         1.0 cap         0.243           1833         Beef, variety meats and by-products, tongue, raw         28.35         1.0 ca         0.243           1835         Spinach, cameda, on salt added, solids and liquids         23.3         1.0 ca         0.243           1873         Buef, variety meats and by-products, tongue, raw	20445	Rice, white, long-grain, regular, unenriched, cooked without salt	158.0	1.0 cup	0.246
07063         Pork sausage, link/patry, unprepared         25.0         1.0 link         0.246           06167         Sauce, homemade, white, thick         250.0         1.0 unit (yield from 1 lb ready-to-cook chickson)         0.245           05127         Chickon, stewing, gibles, raw         28.0         1.0 unit (yield from 1 lb ready-to-cook chickson)         0.245           11015         Asparagus, canned, drained solids         2420         1.0 cr         0.244           1012         Pork, fresh, varievy meats and by-products, tongue, raw         28.35         1.0 cr         0.244           9008         Avocados, raw, California         230         1.0 cup, pureed         0.244           9008         Avocados, raw, California         230         1.0 cup, pureed         0.244           11459         Spinach, canned, regular pack, solids and liquids         2340         1.0 cup         0.243           11855         Spinach, canned, no salt added, solids and liquids         2340         1.0 cup         0.243           11859         Spinach, canned, no salt added, solids and liquids         2340         1.0 cup         0.243           11859         Spinach, canned, no salt added, solids and liquids         2340         1.0 cup         0.243           1285         Spinach, canned, no salt added, solids and l	20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	158.0	1.0 cup	0.246
06167         Sauce, homemade, white, thick         2500         1.0 unit yield from 1 lb ready-to-cook chicken         0.245           05127         Chicken, stewing, gibles, raw         280         1.0 unit yield from 1 lb ready-to-cook chicken         0.245           1015         Asparagus, camed, drained solids         2420         1.0 cup year         0.244           1021         Pork, fresh, variety meats and by-products, tongue, raw         230         1.0 cup, pured         0.244           1030         Cheese, brie         23.35         1.0 cup, pured         0.244           1185         Spinach, camed, regular pack, solids and liquids         2340         1.0 cup, pured         0.243           1185         Spinach, camed, no salt added, solids and liquids         2340         1.0 cup         0.243           1185         Spinach, camed, uns, oil rosated, without peanus [gibty selted         28.35         1.0 cup         0.243           1283         Beef, variety meats and by-products, fongue, raw         28.35         1.0 cup         0.243           1284         Nts, mixed unts, oil rosated, without peanus, gibty selted         28.35         1.0 cup         0.243           1285         Jamb, variety meats and by-products, kineys, raw         28.35         1.0 cup ysugheti not packed         0.242           1294<	13147	Beef, rib, shortribs, separable lean and fat, choice, raw	28.35	1.0 oz	0.246
05127         Chicken, stewing, giblets, raw         28.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.248           11015         Asparagus, camed, drained solids         242.0         1.0 cup         0.244           10121         Pork, fresh, varley meats and by-products, tongue, raw         28.35         1.0 cup pured         0.244           10180         Cheese, brie         23.00         1.0 cup pured         0.244           11459         Spinach, camed, regular pack, solids and liquids         23.40         1.0 cup         0.243           11855         Spinach, camed, regular pack, solids and liquids         23.40         1.0 cup         0.243           11855         Spinach, camed, regular pack, solids and liquids         23.40         1.0 cup         0.243           11855         Spinach, camed, regular pack, solids and liquids         23.40         1.0 cup         0.243           11855         Spinach, camed, regular pack, solids and liquids         23.10         0.243         1.0 cup         0.243           11855         Spinach, camed, regular pack, solids and liquids         23.51         0.10 cup         0.243           1279         Lamb, variety meats and by-products, kidneys, such         28.25         1.0 cu         0.243           1279         Pata, cooked, umeric	07063	Pork sausage, link/patty, unprepared	25.0	1.0 link	0.246
11015         Asparagus, canned, drained solids         242.0         1.0 cup         0.244           10121         Pork, fresh, variety meats and by-products, tongue, raw         28.35         1.0 cup, pureed         0.244           19038         Avocados, raw, California         230.0         1.0 cup, pureed         0.244           10006         Cheese, brie         28.35         1.0 cup, oz         0.244           11459         Spinach, canned, no salt added, solids and liquids         234.0         1.0 cup         0.243           11855         Spinach, canned, no salt added, solids and liquids         234.0         1.0 cup         0.243           13339         Beef, variety meats and by-products, tongue, raw         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetin op packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetin op packed         0.242           20521         Pasta, cooked, unerriched, with added salt <td>06167</td> <td>Sauce, homemade, white, thick</td> <td>250.0</td> <td>1.0 cup</td> <td>0.245</td>	06167	Sauce, homemade, white, thick	250.0	1.0 cup	0.245
10121   Pork, fresh, variety meats and by-products, tongue, raw   28.35   1.0 oz   0.244     1006   Cheese, brie   28.35   1.0 oz   0.244     1006   Cheese, brie   28.35   1.0 oz   0.244     11859   Spinach, canned, regular pack, solids and liquids   234.0   1.0 cup   0.243     11855   Spinach, canned, no salt added, solids and liquids   234.0   1.0 cup   0.243     11858   Spinach, canned, no salt added, solids and liquids   234.0   1.0 cup   0.243     11859   Spinach, canned, no salt added, solids and liquids   28.35   1.0 oz   0.243     12738   Nuts, mixed muts, oil rousted, without peanuts, lightly salted   28.35   1.0 oz   0.243     12738   Nuts, mixed muts, oil rousted, without peanuts, lightly salted   28.35   1.0 oz   0.242     12738   Lamb, variety meats and by-products, kidneys, raw   28.35   1.0 oz   0.242     12940   Pasta, cooked, unenriched, without added salt   124.0   1.0 cup spaghetit not packed   0.242     129521   Pasta, cooked, unenriched, with added salt   124.0   1.0 cup spaghetit not packed   0.242     129524   Frostings, chocolate, creamy, dry mix   38.0   1.0 package   0.241     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   shank   0.240     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   shank   0.240     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   shank   0.240     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   shank   0.240     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   shank   0.240     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   0.230     12960   Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz   0.230     12960   Ports, cured, h	05127	Chicken, stewing, giblets, raw	28.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.245
09038         Avocados, raw, California         230.         1.0 cup, pureed         0.244           01006         Cheese, brie         28.35         1.0 oz         0.244           11459         Spinach, canned, regular pack, solids and liquids         234.0         1.0 cup         0.243           11855         Spinach, canned, regular pack, solids and liquids         234.0         1.0 cup         0.243           11855         Spinach, canned, regular pack, solids and liquids         234.0         1.0 cup         0.243           12339         Beef, variety meats and by-products, tongue, raw         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unenriched, with out added salt         124.0         1.0 cup spaghetit not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetit not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetit not packed         0.242           20521         Pasta, cooked, uniched, with added salt         184.0         1.0 cup spaghetit not packed         0.241           10907         Pork, cured, ham and	11015	Asparagus, canned, drained solids	242.0	1.0 cup	0.244
01006         Cheese, brie         28.35         1.0 oz         0.24           11459         Spinach, camed, regular pack, solids and liquids         234.0         1.0 cup         0.243           11855         Spinach, camed, no salt added, solids and liquids         224.0         1.0 cup         0.243           13339         Beef, variety meats and by-products, tongue, raw         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unerriched, without added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unerriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unerriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           10907         Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oc shank         0.240           10907         Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oc shank         0.240           10007         Ports, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35	10121	Pork, fresh, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.244
11459         Spinach, camed, regular pack, solids and liquids         234.0         1.0 cup         0.243           11855         Spinach, camed, no salt added, solids and liquids         234.0         1.0 cup         0.243           13339         Beef, variety meats and by-products, tongue, raw         28.35         1.0 oz         0.243           12738         Nuts, mixed nuts, oil roasted, without peants, lightly salted         28.35         1.0 oz         0.243           1795         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           2021         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 cup spaghetti not packed         0.242           19240         Fostings, chocolate, oreamy, dry mix         388.0         1.0 cup spaghetti not packed         0.242           19240         Fostings, chocolate, oreamy, dry mix         388.0         1.0 cup spaghetti not packed         0.241           19240         Fostings, chocolate, oreamy, dry mix         388.0         1.0 oz shank         0.240           19240         Fost, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240 <td>09038</td> <td>Avocados, raw, California</td> <td>230.0</td> <td>1.0 cup, pureed</td> <td>0.244</td>	09038	Avocados, raw, California	230.0	1.0 cup, pureed	0.244
11855         Spinach, canned, no salt added, solids and liquids         234.0         1.0 cup         0.243           13339         Beef, variety meats and by-products, tongue, raw         28.35         1.0 oz         0.243           12738         Nuts, mixed nuts, oil roasted, without peanuts, lightly salted         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 cup spaghetti not packed         0.249           10977         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35 <t< td=""><td>01006</td><td>Cheese, brie</td><td>28.35</td><td>1.0 oz</td><td>0.244</td></t<>	01006	Cheese, brie	28.35	1.0 oz	0.244
1339   Beef, variety meats and by-products, tongue, raw   28.35   1.0 oz   0.243     12738   Nuts, mixed nuts, oil roasted, without peanuts, lightly salted   28.35   1.0 oz   0.243     17195   Lamb, variety meats and by-products, kidneys, raw   28.35   1.0 oz   0.242     20421   Pasta, cooked, unenriched, without added salt   124.0   1.0 cup spaghetti not packed   0.242     20521   Pasta, cooked, unenriched, with added salt   124.0   1.0 cup spaghetti not packed   0.242     19240   Frostings, chocolate, creamy, dry mix   388.0   1.0 package   0.241     19240   Frostings, chocolate, creamy, dry mix   28.35   1.0 oz shank   0.240     10907   Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated   28.35   1.0 oz shank   0.240     10024   Soup, chicken and vegetable, canned, ready-to-serve   255.0   1.0 cup   0.230     11743   Broccoli, frozen, chopped, cooked, boiled, drained, with salt   184.0   1.0 cup   0.239     11856   Potatoes, Russet, flesh and skin, baked   299.0   1.0 potato large (3" to 4-1/4" dia.   0.239     11856   Potatoes, Russet, flesh and skin, baked   299.0   1.0 potato large (3" to 4-1/4" dia.   0.239     11856   Potatoes, Russet, flesh and skin, baked   299.0   1.0 potato large (3" to 4-1/4" dia.   0.239     11856   Potatoes, Russet, flesh and skin, baked   299.0   1.0 potato large (3" to 4-1/4" dia.   0.239     12032   Fast foods, sundae, caramel   155.0   1.0 sundae   0.238     12032   Fast foods, sundae, caramel   28.35   1.0 oz   0.238     12032   Pasta, cooked, enriched, with added salt   124.0   1.0 cup spaghetti not packed   0.238     12087   Pasta, cooked, enriched, with added salt   124.0   1.0 cup spaghetti not packed   0.238     12087   Pasta, cooked, enriched, with added salt   124.0   1.0 cup spaghetti not packed   0.238     12087   Pasta, cooked, enriched, with added salt   124.0   1.0 cup spaghetti not packed   0.238     12087   Pasta, cooked, enriched, with added salt   1.0 cup spaghetti not packed   0.238     12087   Pasta, cooked, enriched, wit	11459	Spinach, canned, regular pack, solids and liquids	234.0	1.0 cup	0.243
12738         Nuts, mixed nuts, oil roasted, without peanuts, lightly salted         28.35         1.0 oz         0.243           17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 package         0.241           10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240           06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11032         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           21032         Fast foods, sundae, caramel         155.0<	11855	Spinach, canned, no salt added, solids and liquids	234.0	1.0 cup	0.243
17195         Lamb, variety meats and by-products, kidneys, raw         28.35         1.0 oz         0.242           20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 package         0.241           10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240           06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russer, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           12032         Fast foods, sundae, caramel         155.0         1.0 slice (4" dia 1.0 slice (4"	13339	Beef, variety meats and by-products, tongue, raw	28.35	1.0 oz	0.243
20421         Pasta, cooked, unenriched, without added salt         124.0         1.0 cup spaghetti not packed         0.242           20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 package         0.241           10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 cup shank         0.240           06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           1091         New england brand sausage, pork, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.239           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         0.238           20121         Pasta, cooked, enriched, without added salt         124.0 <td>12738</td> <td>Nuts, mixed nuts, oil roasted, without peanuts, lightly salted</td> <td>28.35</td> <td>1.0 oz</td> <td>0.243</td>	12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	28.35	1.0 oz	0.243
20521         Pasta, cooked, unenriched, with added salt         124.0         1.0 cup spaghetti not packed         0.242           19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 package         0.241           10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240           06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           07091         New england brand sausage, pork, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.239           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         0.239           20584         Chicken, skin (drumsticks and thighs), with added solution, cooked, braised         28.35         1.0 cup spaghetti not packed         0.238           20211         Pasta, cooked, enriched, with added salt	17195	Lamb, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.242
19240         Frostings, chocolate, creamy, dry mix         388.0         1.0 package         0.241           10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240           06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           07091         New england brand sausage, pork, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.239           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         0.239           05684         Chicken, skin (drumsticks and thighs), with added solution, cooked, braised         28.35         1.0 oz         0.238           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         0.238           12087         Nuts, cashew nuts, raw         28.35 <t< td=""><td>20421</td><td>Pasta, cooked, unenriched, without added salt</td><td>124.0</td><td>1.0 cup spaghetti not packed</td><td>0.242</td></t<>	20421	Pasta, cooked, unenriched, without added salt	124.0	1.0 cup spaghetti not packed	0.242
10907         Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated         28.35         1.0 oz shank         0.240           6624         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 potato large (3" to 4-1/4" dia.         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           07091         New england brand sausage, pork, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.239           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         0.239           05684         Chicken, skin (drumsticks and thighs), with added solution, cooked, braised         28.35         1.0 oz         0.238           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         0.238           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         0.238           12087         Nuts, cashew nuts, raw         28	20521	Pasta, cooked, unenriched, with added salt	124.0	1.0 cup spaghetti not packed	0.242
06024         Soup, chicken and vegetable, canned, ready-to-serve         255.0         1.0 cup         0.240           11743         Broccoli, frozen, chopped, cooked, boiled, drained, with salt         184.0         1.0 cup         0.239           11093         Broccoli, frozen, chopped, cooked, boiled, drained, without salt         184.0         1.0 cup         0.239           11356         Potatoes, Russet, flesh and skin, baked         299.0         1.0 potato large (3" to 4-1/4" dia.         0.239           07091         New england brand sausage, pork, beef         23.0         1.0 slice (4" dia x 1/8" thick)         0.239           21032         Fast foods, sundae, caramel         155.0         1.0 sundae         0.239           05684         Chicken, skin (drumsticks and thighs), with added solution, cooked, braised         28.35         1.0 oz         0.238           20121         Pasta, cooked, enriched, without added salt         124.0         1.0 cup spaghetti not packed         0.238           20321         Pasta, cooked, enriched, with added salt         124.0         1.0 cup spaghetti not packed         0.238           12087         Nuts, cashew nuts, raw         28.35         1.0 oz         0.237           32002         Rice and vermicelli mix, rice pilaf flavor, unprepared         68.0         0.333 cup         0.237     <	19240	Frostings, chocolate, creamy, dry mix	388.0	1.0 package	0.241
11743       Broccoli, frozen, chopped, cooked, boiled, drained, with salt       184.0       1.0 cup       0.239         11093       Broccoli, frozen, chopped, cooked, boiled, drained, without salt       184.0       1.0 cup       0.239         11356       Potatoes, Russet, flesh and skin, baked       299.0       1.0 potato large (3" to 4-1/4" dia.       0.239         07091       New england brand sausage, pork, beef       23.0       1.0 slice (4" dia x 1/8" thick)       0.239         21032       Fast foods, sundae, caramel       155.0       1.0 sundae       0.239         05684       Chicken, skin (drumsticks and thighs), with added solution, cooked, braised       28.35       1.0 oz       0.238         20121       Pasta, cooked, enriched, without added salt       124.0       1.0 cup spaghetti not packed       0.238         20321       Pasta, cooked, enriched, with added salt       124.0       1.0 cup spaghetti not packed       0.238         12087       Nuts, cashew nuts, raw       28.35       1.0 oz       0.237         32002       Rice and vermicelli mix, rice pilaf flavor, unprepared       68.0       0.333 cup       0.237	10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	28.35	1.0 oz shank	0.240
11093       Broccoli, frozen, chopped, cooked, boiled, drained, without salt       184.0       1.0 cup       0.239         11356       Potatoes, Russet, flesh and skin, baked       299.0       1.0 potato large (3" to 4-1/4" dia.       0.239         07091       New england brand sausage, pork, beef       23.0       1.0 slice (4" dia x 1/8" thick)       0.239         21032       Fast foods, sundae, caramel       155.0       1.0 sundae       0.239         05684       Chicken, skin (drumsticks and thighs), with added solution, cooked, braised       28.35       1.0 oz       0.238         20121       Pasta, cooked, enriched, without added salt       124.0       1.0 cup spaghetti not packed       0.238         20321       Pasta, cooked, enriched, with added salt       124.0       1.0 cup spaghetti not packed       0.238         12087       Nuts, cashew nuts, raw       28.35       1.0 oz       0.237         32002       Rice and vermicelli mix, rice pilaf flavor, unprepared       68.0       0.333 cup       0.237	06024	Soup, chicken and vegetable, canned, ready-to-serve	255.0	1.0 cup	0.240
11356   Potatoes, Russet, flesh and skin, baked   299.0   1.0 potato large (3" to 4-1/4" dia.   0.239	11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	184.0	1.0 cup	0.239
07091       New england brand sausage, pork, beef       23.0       1.0 slice (4" dia x 1/8" thick)       0.239         21032       Fast foods, sundae, caramel       155.0       1.0 sundae       0.239         05684       Chicken, skin (drumsticks and thighs), with added solution, cooked, braised       28.35       1.0 oz       0.238         20121       Pasta, cooked, enriched, without added salt       124.0       1.0 cup spaghetti not packed       0.238         20321       Pasta, cooked, enriched, with added salt       124.0       1.0 cup spaghetti not packed       0.238         12087       Nuts, cashew nuts, raw       28.35       1.0 oz       0.237         32002       Rice and vermicelli mix, rice pilaf flavor, unprepared       68.0       0.333 cup       0.237	11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	184.0	1.0 cup	0.239
Fast foods, sundae, caramel  Chicken, skin (drumsticks and thighs), with added solution, cooked, braised  28.35  1.0 oz  0.238  20121  Pasta, cooked, enriched, without added salt  124.0  1.0 cup spaghetti not packed  0.238  20321  Pasta, cooked, enriched, with added salt  124.0  1.0 cup spaghetti not packed  0.238  12087  Nuts, cashew nuts, raw  28.35  1.0 oz  0.237  32002  Rice and vermicelli mix, rice pilaf flavor, unprepared  68.0  0.333 cup  0.239	11356	Potatoes, Russet, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.239
Chicken, skin (drumsticks and thighs), with added solution, cooked, braised  28.35  1.0 oz  0.238  20121 Pasta, cooked, enriched, without added salt  124.0  1.0 cup spaghetti not packed  0.238  20321 Pasta, cooked, enriched, with added salt  124.0  1.0 cup spaghetti not packed  0.238  12087 Nuts, cashew nuts, raw  28.35  1.0 oz  0.237  32002 Rice and vermicelli mix, rice pilaf flavor, unprepared  68.0  0.333 cup  0.237	07091	New england brand sausage, pork, beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.239
Pasta, cooked, enriched, without added salt  124.0  1.0 cup spaghetti not packed  0.238  Pasta, cooked, enriched, with added salt  124.0  1.0 cup spaghetti not packed  0.238  12087  Nuts, cashew nuts, raw  28.35  1.0 oz  0.237  Rice and vermicelli mix, rice pilaf flavor, unprepared  68.0  0.333 cup  0.237	21032	Fast foods, sundae, caramel	155.0	1.0 sundae	0.239
Pasta, cooked, enriched, with added salt  124.0  1.0 cup spaghetti not packed 0.238  Nuts, cashew nuts, raw 28.35  1.0 oz 0.237  Rice and vermicelli mix, rice pilaf flavor, unprepared 68.0 0.333 cup 0.237	05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	28.35	1.0 oz	0.238
12087       Nuts, cashew nuts, raw       28.35       1.0 oz       0.237         32002       Rice and vermicelli mix, rice pilaf flavor, unprepared       68.0       0.333 cup       0.237	20121	Pasta, cooked, enriched, without added salt	124.0	1.0 cup spaghetti not packed	0.238
Rice and vermicelli mix, rice pilaf flavor, unprepared 68.0 0.333 cup 0.237	20321	Pasta, cooked, enriched, with added salt	124.0	1.0 cup spaghetti not packed	0.238
	12087	Nuts, cashew nuts, raw	28.35	1.0 oz	0.237
09031 Apricots, dehydrated (low-moisture), sulfured, stewed 249.0 1.0 cup 0.237	32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	68.0	0.333 cup	0.237
	09031	Apricots, dehydrated (low-moisture), sulfured, stewed	249.0	1.0 cup	0.237

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05698	Turkey, skin from whole (light and dark), with added solution, raw	28.35	1.0 oz	0.236
36009	T.G.I. FRIDAY'S, macaroni & menu kid's menu	144.0	1.0 cup	0.236
17197	Veal, variety meats and by-products, kidneys, raw	28.35	1.0 oz	0.236
10001	Pork, fresh, carcass, separable lean and fat, raw	28.35	1.0 oz	0.236
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	28.35	1.0 oz	0.235
16165	MORI-NU, Tofu, silken, lite extra firm	84.0	1.0 slice	0.235
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	28.35	1.0 oz whole	0.235
10912	Pork, cured, ham water added, rump, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.235
07058	Pickle and pimiento loaf, pork	38.0	1.0 slice	0.234
21078	Fast foods, nachos, with cheese	80.0	1.0 serving	0.234
21268	TACO BELL, Nachos	80.0	1.0 serving	0.234
16163	MORI-NU, Tofu, silken, extra firm	84.0	1.0 slice	0.234
12097	Nuts, chestnuts, european, raw, unpeeled	145.0	1.0 cup	0.233
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	226.0	1.0 cup	0.233
01124	Egg, white, raw, fresh	33.0	1.0 large	0.232
11263	Mushrooms, white, stir-fried	108.0	1.0 cup sliced	0.232
01007	Cheese, camembert	28.35	1.0 oz	0.232
12140	Nuts, formulated, wheat-based, unflavored, with salt added	28.35	1.0 oz	0.232
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.231
11372	Potatoes, scalloped, home-prepared with butter	245.0	1.0 cup	0.230
11844	Potatoes, scalloped, home-prepared with margarine	245.0	1.0 cup	0.230
01126	Egg, yolk, raw, frozen, pasteurized	28.35	1.0 oz	0.230
01041	Cheese, tilsit	28.35	1.0 oz	0.230
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	28.35	1.0 oz	0.229
15030	Fish, gefiltefish, commercial, sweet recipe	42.0	1.0 piece	0.229
13331	Beef, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.228
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	89.0	1.0 slice	0.228
15167	Mollusks, oyster, eastern, wild, raw	84.0	6.0 medium	0.228
20126	Spaghetti, spinach, dry	57.0	2.0 oz	0.227
25000	Snacks, popcorn, microwave, 94% fat free	28.35	1.0 oz	0.227
07090	Luncheon sausage, pork and beef	23.0	1.0 slice (4" dia x 1/8" thick)	0.226
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	52.0	0.333 cup	0.226
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	11.5	1.0 slice	0.225
11243	Mushrooms, portabella, grilled	121.0	1.0 cup sliced	0.224
16162	MORI-NU, Tofu, silken, firm	84.0	1.0 slice	0.223
09041	Bananas, dehydrated, or banana powder	100.0	1.0 cup	0.222

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36003	APPLEBEE'S, KRAFT, Macaroni & Enp; Cheese, from kid's menu	124.0	1.0 cup	0.222
06009	Soup, beef noodle, canned, condensed	125.0	0.5 cup	0.221
05175	Turkey, heart, all classes, raw	24.0	1.0 piece	0.221
10998	Canadian bacon, cooked, pan-fried	13.8	1.0 slice	0.220
19205	Egg custards, dry mix, prepared with 2% milk	141.0	0.5 cup	0.220
11510	Sweet potato, cooked, boiled, without skin	328.0	1.0 cup, mashed	0.220
18042	Bread, pita, whole-wheat	64.0	1.0 pita, large (6-1/2" dia)	0.220
12021	Seeds, safflower seed kernels, dried	28.35	1.0 oz	0.219
15028	Fish, flatfish (flounder and sole species), raw	28.35	1.0 oz, boneless	0.219
11797	Mushrooms, white, cooked, boiled, drained, with salt	156.0	1.0 cup pieces	0.218
11261	Mushrooms, white, cooked, boiled, drained, without salt	156.0	1.0 cup pieces	0.218
32000	Rice and vermicelli mix, beef flavor, unprepared	61.0	0.333 cup	0.218
20125	Pasta, whole-wheat, cooked	117.0	1.0 cup spaghetti not packed	0.218
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	253.0	1.0 cup	0.218
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	253.0	1.0 cup	0.218
11955	Tomatoes, sun-dried	54.0	1.0 cup	0.217
01018	Cheese, edam	28.35	1.0 oz	0.217
05115	Chicken, roasting, giblets, raw	25.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	28.35	1.0 oz	0.216
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	13.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.216
01022	Cheese, gouda	28.35	1.0 oz	0.216
07014	Braunschweiger (a liver sausage), pork	28.35	1.0 oz	0.216
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	170.0	1.0 cup, chopped	0.216
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	170.0	1.0 cup, chopped	0.216
17210	Lamb, variety meats and by-products, pancreas, raw	28.35	1.0 oz	0.215
11900	Corn, sweet, white, raw	73.0	1.0 ear, small (5-1/2" to 6-1/2" long)	0.215
07061	Mother's loaf, pork	28.35	1.0 oz	0.215
07971	Bologna, meat and poultry	33.0	1.0 slice	0.214
27001	Soup, hot and sour, Chinese restaurant	233.0	1.0 cup	0.214
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	28.35	1.0 oz	0.213
14632	Beverages, Meal supplement drink, canned, peanut flavor	158.0	1.0 cup	0.213
16107	Sausage, meatless	25.0	1.0 link	0.213
10146	Pork, cured, ham, patties, unheated	28.35	1.0 oz	0.213
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	185.0	6.0 fl oz	0.213
19031	Snacks, oriental mix, rice-based	28.35	1.0 oz	0.211
09139	Guavas, common, raw	165.0	1.0 cup	0.211

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	95.0	0.5 cup	0.211
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	95.0	0.5 cup	0.211
01028	Cheese, mozzarella, part skim milk	28.35	1.0 oz	0.210
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	165.0	1.0 cup	0.210
11358	Potatoes, red, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia.	0.209
18101	Cake, chocolate, prepared from recipe without frosting	95.0	1.0 piece (1/12 of 9" dia)	0.209
16164	MORI-NU, Tofu, silken, lite firm	84.0	1.0 slice	0.208
21034	Fast foods, sundae, strawberry	153.0	1.0 sundae	0.208
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	28.35	1.0 oz	0.208
07011	Bologna, turkey	28.0	0.99 oz 1 serving	0.207
11512	Sweet potato, canned, vacuum pack	255.0	1.0 cup, mashed	0.207
20117	Noodles, japanese, somen, cooked	176.0	1.0 cup	0.206
19170	Egg custards, dry mix, prepared with whole milk	141.0	0.5 cup	0.206
07937	Bologna, pork, turkey and beef	28.35	1.0 oz	0.205
05105	Chicken, broilers or fryers, wing, meat only, raw	17.0	1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken)	0.204
20055	Rice, white, glutinous, unenriched, cooked	174.0	1.0 cup	0.204
10861	Pork, cured, bacon, cooked, microwaved	9.1	1.0 slice cooked	0.203
06358	Soup, tomato bisque, canned, prepared with equal volume milk	251.0	1.0 cup (8 fl oz)	0.203
06025	Soup, chicken vegetable, canned, condensed	121.0	0.5 cup	0.203
12129	Nuts, ginkgo nuts, canned	155.0	1.0 cup (78 kernels)	0.203
07007	Bologna, beef	30.0	1.0 slice	0.203
10123	Pork, cured, bacon, unprepared	28.0	1.0 slice raw	0.202
05020	Chicken, broilers or fryers, giblets, raw	23.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.202
01171	Egg, whole, raw, frozen, pasteurized	28.0	1.0 oz	0.202
01008	Cheese, caraway	28.35	1.0 oz	0.202
01160	Egg, yolk, raw, frozen, salted, pasteurized	28.35	1.0 oz	0.201
15072	Fish, roe, mixed species, raw	14.0	1.0 tbsp	0.200
09094	Figs, dried, uncooked	149.0	1.0 cup	0.200
16129	Tofu, fried	28.35	1.0 oz	0.200
01127	Egg, yolk, raw, frozen, sugared, pasteurized	28.35	1.0 oz	0.199
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.199
06210	Soup, cream of celery, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.198
20013	Bulgur, cooked	182.0	1.0 cup	0.198
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	55.0	1.0 serving (approximate serving size)	0.198
11508	Sweet potato, cooked, baked in skin, flesh, without salt	200.0	1.0 cup	0.198

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup	0.198
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup	0.198
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	12.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.197
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	240.0	1.0 cup	0.197
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	240.0	1.0 cup	0.197
20111	Noodles, egg, spinach, enriched, dry	38.0	1.0 cup	0.196
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	231.0	1.0 cup	0.196
07940	Macaroni and cheese loaf, chicken, pork and beef	38.0	1.0 slice	0.196
20109	Noodles, egg, dry, enriched	38.0	1.0 cup	0.196
20409	Noodles, egg, dry, unenriched	38.0	1.0 cup	0.196
36417	Restaurant, Mexican, spanish rice	116.0	1.0 cup	0.196
18946	Pie crust, refrigerated, regular, baked	198.0	1.0 pie crust	0.196
09110	Goji berries, dried	28.0	5.0 tbsp	0.195
18948	Pie crust, refrigerated, regular, unbaked	229.0	1.0 pie crust (average weight)	0.195
08113	Cereals, farina, enriched, cooked with water, without salt	240.0	1.0 cup	0.194
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	252.0	1.0 serving 1 cup	0.194
06253	Soup, cream of potato, canned, prepared with equal volume milk	248.0	1.0 cup (8 fl oz)	0.193
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	124.0	1.0 cup	0.192
11452	Soybeans, mature seeds, sprouted, raw	35.0	0.5 cup	0.192
20127	Spaghetti, spinach, cooked	140.0	1.0 cup	0.192
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	16.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.192
11357	Potatoes, white, flesh and skin, baked	299.0	1.0 potato large (3" to 4-1/4" dia)	0.191
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	124.0	0.5 cup	0.191
20094	Pasta, fresh-refrigerated, plain, cooked	128.0	2.0 oz	0.191
20116	Noodles, japanese, somen, dry	57.0	2.0 oz	0.190
12121	Nuts, hazelnuts or filberts, blanched	28.35	1.0 oz	0.190
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	8.0	1.0 slice cooked	0.190
07967	Pork sausage, link/patty, fully cooked, unheated	23.0	1.0 link	0.190
20133	Rice noodles, dry	57.0	2.0 oz	0.189
08173	Cereals, farina, enriched, cooked with water, with salt	233.0	1.0 cup	0.189
21033	Fast foods, sundae, hot fudge	158.0	1.0 sundae	0.188
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	82.0	0.5 cup	0.188
11026	Bamboo shoots, raw	151.0	1.0 cup (1/2" slices)	0.187
11264	Mushrooms, canned, drained solids	156.0	1.0 cup	0.187
01027	Cheese, mozzarella, whole milk, low moisture	28.35	1.0 oz	0.187

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	59.0	1.0 cup (1 NLEA serving)	0.187
01010	Cheese, cheshire	28.35	1.0 oz	0.187
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	26.0	1.0 slice	0.187
05674	Chicken, skin (drumsticks and thighs), raw	28.35	1.0 oz	0.186
11791	Kale, frozen, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.186
11236	Kale, frozen, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.186
36014	Restaurant, family style, french fries	170.0	1.0 serving	0.185
10860	Pork, cured, bacon, cooked, baked	8.1	1.0 slice cooked	0.185
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	51.0	1.0 muffin	0.185
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	150.0	1.0 cup prepared	0.184
01172	Egg, white, raw, frozen, pasteurized	28.0	1.0 oz	0.184
11092	Broccoli, frozen, chopped, unprepared	156.0	1.0 cup	0.184
07960	Bologna, chicken, pork	28.0	1.0 serving	0.184
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	245.0	1.0 cup	0.184
13020	Beef, retail cuts, separable fat, cooked	28.35	1.0 oz	0.183
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	47.0	2.0 biscuits (1 NLEA serving)	0.183
36610	DENNY'S, french fries	165.0	1.0 serving	0.183
01004	Cheese, blue	28.35	1.0 oz	0.183
11313	Peas, green, frozen, cooked, boiled, drained, without salt	80.0	0.5 cup	0.182
11814	Peas, green, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.182
01251	Cheese, Mexican blend	28.0	0.25 cup shredded	0.182
18080	Bread sticks, plain	46.0	1.0 cup, small pieces	0.182
18041	Bread, pita, white, enriched	60.0	1.0 pita, large (6-1/2" dia)	0.181
11581	Vegetables, mixed, canned, drained solids	163.0	1.0 cup	0.181
20106	Macaroni, vegetable, enriched, cooked	134.0	1.0 cup spiral shaped	0.181
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	262.0	1.0 cup	0.181
09214	Orange juice, frozen concentrate, unsweetened, undiluted	262.0	1.0 cup	0.181
06465	Soup, turkey noodle, canned, prepared with equal volume water	244.0	1.0 cup	0.181
11215	Garlic, raw	136.0	1.0 cup	0.180
18087	Cake, angelfood, dry mix	38.0	1.0 serving	0.179
36607	CRACKER BARREL, steak fries	198.0	1.0 serving	0.178
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	60.0	1.0 bar	0.178
09247	Peaches, dried, sulfured, stewed, without added sugar	258.0	1.0 cup	0.178
07004	Sausage, Berliner, pork, beef	23.0	1.0 slice	0.178
43297	Pork, oriental style, dehydrated	22.0	1.0 cup	0.178
16168	Soymilk, chocolate, with added calcium, vitamins A and D	243.0	1.0 cup	0.177

9000         Immarant, have salarin, prok         23.1         11 site (c. "fat a 18" site)         0.177           8005         Cernals ready sites at MANTINY Care Biscatis         30.0         11 sup (DIA) Searching         0.178           1837         Deal variety mass and style predacts, hymne, ma         24.3         1 study of 1.0         0.177           1808         Deal variety mass and style predacts, hymne, man         21.0         0.10         0.177           2013         Recent cockles yee, preparad from recept varially select, falled         150.0         0.10         0.178           2014         Recent cockles yee, preparad from recept varially select, falled         150.0         0.10         0.178           2014         Recent cockles, cooked         150.0         0.10         0.176         0.176           1123         Inc., pothers, cooked, boiled, datased, with said         37.0         0.10         0.10         0.176           1124         Vice, pothers, cooked, boiled, datased, with said         37.0         0.10         0.10         0.176           1124         Song, consent, consell, mutual with flipids         213.0         0.10         0.10         0.176           1124         Song, consent, consell, and said, within mili flipids         123.1         0.10         0.17	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
1937   Bedr. variety ments and by-products, thymus, raw   28.35   1.0 oz   0.177     1949	07003	Beerwurst, beer salami, pork	23.0	1.0 slice (4" dia x 1/8" thick)	0.177
1840   Pie crust, coxide-type, prepared from recipe, vanilla water, childed   1290   130	08505	Cereals ready-to-eat, RALSTON Corn Biscuits	30.0	1.0 cup (NLEA serving)	0.177
20030         Iboniny, canned, white         165.0         1.0 cap         0.177           20134         Kie moodles, cooked         176.0         1.0 cap         0.78           0466         Sop, turkey vegetable, canned, prepared with equal volume water         24.10         1.0 cap 81 oz.         0.78           11789         Jue, potherle, cooked, boiled, drained, without salt         87.0         1.0 cap         0.176           11782         Jue, potherle, cooked, boiled, drained, without salt         87.0         1.0 cap         0.176           11616         Dock, raw         133.0         1.0 cap, chopped         0.176           16161         Sop, choese, garned, grept and with aqual volume water         227.0         1.0 cap, chopped         0.176           18182         Peas, gene, canned, prepared with aqual volume water         227.0         1.0 cap, chopped         0.178           2029         Coscous, cooked         157.0         1.0 cap, chopped         0.174           18182         Peas, gene, canned, prepared with aqual volume water         157.0         1.0 cap, chop, chopped         0.174           2029         Coscous, cooked         157.0         1.0 cap, chop, cho	13337	Beef, variety meats and by-products, thymus, raw	28.35	1.0 oz	0.177
20134         Rice nontles, cooked         1760         1.0 cup         1.0 cup         0.176           06466         Sunp, Intely, vegetable, canned, prepared with egual volume water         241.0         1.0 cup (81 nz)         0.176           11789         Jate, potherb, cooked, boiled, drained, with salt         87.0         1.0 cup         0.176           1232         Jue, potherb, cooked, boiled, drained, without salt         87.0         1.0 cup, cooked         0.176           36416         Restaurant, Latino, business (field yeast breast)         70.0         1.0 cup, chopped         0.176           16161         Dock, Iw         33.0         1.0 cup, chopped         0.176           16161         Dock, Iw         33.0         1.0 cup, chopped         0.175           16171         Soup, choese, canned, prepared with egual volume water         247.0         1.0 cup (81 nz)         0.175           18112         Pess, green, canned, no sal adds, solids, and figuids         124.0         0.5 cup         0.175           18120         Pess, green, canned, prepared with egual volume water         127.0         0.10 cup, cup, cup, cup, cup         0.174           18120         Cheese, pasteurized process, American, fertified with vitamin D         28.3         1.0 cup, cup, cup, cup         0.174           1823<	18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	129.0	1.0 cup	0.177
06466         Soup, untkey vegetable, canned, prepared with equal volume water         241.0         1.0 cup (8 ft oz)         0.176           17899         Juse, potherbe, cooked, boiled, drained, with salt         87.0         1.0 cup         0.176           1322         Jus, potherbe, cooked, boiled, drained, without salt         87.0         1.0 cup         0.176           3616         Restaurant, Latino, benuclis (fried yeas bread)         70.0         1.0 cup, chopped         0.176           3616         Soup, cheese, canned, prepared with equal volume water         247.0         1.0 cup, chopped         0.176           96411         Soup, cheese, canned, prepared with equal volume water         247.0         0.5 cup         0.175           1812         Peas, green, canned, oo salt added, solids and liquids         121.0         0.5 cup         0.175           1812         Peas, green, canned, cooked         157.0         1.0 cup, cooked         0.174           1012         Cheese, pasteurized process, American, fortified with vitamin D         28.3         1.0 cup, cooked         0.174           1012         Cheese, pasteurized process, American, without added vitamin D         28.3         1.0 cup, cooked         0.174           1013         Cheese, pasteurized process, American, without added vitamin D         28.0         1.0 sice (10x)4" x" x"	20030	Hominy, canned, white	165.0	1.0 cup	0.177
11789         Jue, potherh, cooked, briled, drained, with salt         87.0         1.0 cm         1.0 cm           11232         Jue, potherh, cooked, briled, drained, without salt         87.0         1.0 cm         0.176           84216         Resturant, Lation, burselos (fried yeas bread)         700         1.0 cm         0.176           1616         Dock, raw         133.0         1.0 cup, chopped         0.176           95411         Sup, cheese, canned, pepared with equal volume water         247.0         1.0 cup (8.10 cu)         0.175           11812         Peas, green, canned, no salt added, solids and liquids         124.0         0.0 cup, cooked         0.175           11812         Peas, green, canned, no salt added, solids and liquids         124.0         0.0 cup, cooked         0.174           01023         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 cup, cooked         0.174           01233         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 cup, cooked         0.174           01249         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 cup, cooked         0.174           01249         Raisins, seedless         1.0 cup, cooked         1.0 cup, cooked         0.173	20134	Rice noodles, cooked	176.0	1.0 cup	0.176
11232         Jute, potherb, cooked, boiled, drained, without salt         870         1.0 cup         0.176           36416         Restaurant, Latino, bnumelos (fied yeast bread)         100         1.10 piece         0.176           1616         Dox, raw         1330         1.0 cup, chopped         0.176           66411         Soup, cheese, canned, prepared with equal volume water         2470         1.0 cup (81 ac)         0.175           11812         Peas, green, canned, no salt adied, solids and liquids         1240         0.0 cp. cob.         0.175           11812         Peas, green, canned, no salt adied, solids and liquids         1240         0.0 cp. cob.         0.174           00029         Cuscous, cooked         1570         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.10 cup, cop.         0.174           01042         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 cup, cop.         0.174           08048         Cereals ready-to-ceat, GENBRAL MILLS, KIX         30         1.25 cup (1 NLEA serving)         0.173           09528         Raisin, seedless         1.10 cup         0.173           07651         Olive loaf, pork         2.80         1.0	06466	Soup, turkey vegetable, canned, prepared with equal volume water	241.0	1.0 cup (8 fl oz)	0.176
8646         Resturant, Latino, bounclos (fried yeast breat)         700         1.0 piece         0.176           11616         Dock, raw         1330         1.0 cup, chopped         0.176           06411         Soup, cheese, canned, propared with equal volume water         247.0         1.0 cup (8 ft oz.)         0.175           11812         Peas, green, canned, no sait added, solids and liquids         157.0         0.074         0.074           20029         Concous, cooked         157.0         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 cup         0.074           01043         Cercals ready-to-cat, GRNERAL MILLS, KIX         30         1.25 cup (1 NLE serving)         0.174           01043         Circals ready-to-cat, GRNERAL MILLS, KIX         30         1.0 sicce (1 oz.) ft X-4 x 322 mith         0.072           01049         Raisins, scelless         186.0         1.0 sicce (1 oz.) ft X-4 x 322 mith         0.017           01051         Cleate, beautified district, six without mater         28.0         1.0 sicce (1 oz.) ft X-4 x 322 mith         0.017           01072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup x-1 cup,         0.17           11378 <t< td=""><td>11789</td><td>Jute, potherb, cooked, boiled, drained, with salt</td><td>87.0</td><td>1.0 cup</td><td>0.176</td></t<>	11789	Jute, potherb, cooked, boiled, drained, with salt	87.0	1.0 cup	0.176
11616         Dock, raw         1330         1.0 cup, chopped         0.176           06411         Soup, chesse, canned, prepared with equal volume water         2470         1.0 cup (8 H oz)         0.175           11812         Peas, green, canned, no salt added, solids and liquids         1240         0.5 cup         0.175           20029         Couscous, cooked         1570         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 oz         0.174           01043         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 oz         0.174           08048         Creats ready-to-cat, GENERAL MILLS, KIX         30         1.25 cup (10 Hz As exvira)         0.178           08048         Creats ready-to-cat, GENERAL MILLS, KIX         30         1.0 sinc (10 z) (4" x 4" x 3/32" thick)         0.178           08048         Creats ready-to-cat, GENERAL MILLS, KIX         30         1.0 sinc (10 z) (4" x 4" x 3/32" thick)         0.173           07051         Olive loaf, pork         28         1.0 sinc (10 z) (4" x 4" x 3/32" thick)         0.173           19973         Gelatin desserts, day mix, prepared with water         123         0.5 cup (1 x 4" x 3/32" thick)         0.172           1	11232	Jute, potherb, cooked, boiled, drained, without salt	87.0	1.0 cup	0.176
06411         Soup, cheese, canned, prepared with equal volume water         2470         1.0 cmp (8 ft oz)         0.175           11812         Peas, green, canned, no sall added, solids and liquids         1240         0.0 cm, cooked         0.175           20029         Couscous, cooked         1570         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 cup, cooked         0.174           01053         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 cup, cooked         0.174           08048         Carcals ready-to-est, GENERAL MILLS, KIX         30         1.25 cup (1 NLEA serving)         0.174           09298         Raisins, seedless         165.0         1.0 slice (1 oz) (4" x 4" x 3.732" disck)         0.173           19173         Gelatin desserts, dry mix, prepared with water         185.0         1.0 slice (1 oz) (4" x 4" x 3.732" disck)         0.172           19173         Potatoes, mashed, delydrated, flakes without milk, dry form         185.0         0.15 cup, ceptable with beef broth, canned, condensed         122.0         0.5 cup         0.172           1924         Potatoes, mashed, delydrated, flakes without milk, dry form         28.35         1.0 cup         0.172           1924         Candies	36416	Restaurant, Latino, bunuelos (fried yeast bread)	70.0	1.0 piece	0.176
11812         Peas, green, canned, no salt added, solids and liquids         124.0         0.5 cup         0.175           20029         Couscous, cooked         157.0         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 oz         0.174           08048         Cereals ready-to-eat, GENERAL MILLS, KIX         30.0         1.25 cup (1 NILEA serving)         0.174           99298         Raisins, seedless         165.0         1.0 slice (1 oz) (4" x4" x 3.32" thick)         0.173           07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x4" x 3.32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         185.0         0.5 cup         0.173           06072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peantul bar         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, without salt         <	11616	Dock, raw	133.0	1.0 cup, chopped	0.176
20029         Couscous, cooked         157.0         1.0 cup, cooked         0.174           01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 oz         0.174           01253         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 oz         0.174           08048         Creals ready-to-cat, GENERAI, MILLS, KIX         30         1.25 cup (1 NLEA serving)         0.173           08048         Raisins, seedless         1650         1.0 cup, packed         0.173           07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x 4" x 3/32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup of 0.5 cup         0.173           19178         Potatoes, mashed, debydrated, flakes without milk, dry form         600         1.0 slice (1 oz) (4" x 4" x 3/32" thick)         0.173           11378         Potatoes, mashed, debydrated, flakes without milk, dry form         600         1.0 cup, chopped         0.172           1144         Nus, pine nuts, pinyon, dried         28.35         1.0 oz         0.173           1249         Nus, pine nuts, pinyon, dried         28.35         1.0 oz         0.171           1176         Callards, cooked, b	06411	Soup, cheese, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.175
01042         Cheese, pasteurized process, American, fortified with vitamin D         28.35         1.0 oz         0.174           91253         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 oz         0.174           98048         Cereals ready-to-eat, GENERAL MILLS, KIX         30.0         1.25 cup (1 NLEA serving)         0.178           99298         Raisins, seedless         165.0         1.0 sice of 1.0 cup, packed         0.173           19173         Gelatin desserts, dry mix, prepared with water         33.0         1.0 sice (1 oz) (4" x 4" x 3/32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.173           19747         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, debydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           11494         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.171           21494         Candies, peanut bar         28.35         1.0 oz         0.171           11768         Collards, cooked,	11812	Peas, green, canned, no salt added, solids and liquids	124.0	0.5 cup	0.175
01253         Cheese, pasteurized process, American, without added vitamin D         28.35         1.0 oz         0.174           08048         Cereals ready-to-eat, GENERAL MILLS, KIX         30.0         1.25 cup (1 NLEA serving)         0.178           09298         Raisins, seedless         165.0         1.0 slice (1 oz) (4" x 4" x 373." thick)         0.173           07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x 4" x 373." thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.173           19173         Potatoes, mashed, dehydrated, flakes without milk, dry form         600         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         600         1.0 cup         0.172           1149         Nus, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           1249         Hominy, camed, yellow         160.0         1.0 cup         0.171           1768         Collards, cooked, boiled, drianed, with salt         190.0         1.0 cup, chopped         0.171           1876         Collards, cooked, boiled, drianed, without salt         190.0         1.0 cup, chopped         0.171           1801         Peachs, dried, sulfuerd, stewe	20029	Couscous, cooked	157.0	1.0 cup, cooked	0.174
08048         Cereal ready-to-eat, GENERAL MILLS, KIX         30.0         1.25 cup (1 NLEA serving)         0.174           09298         Raisins, seedless         165.0         1.0 cup, packed         0.173           07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x 4" x 3/32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.173           19173         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11769         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           18001         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           18124         Peas and onions, canned, solids and liquids <td>01042</td> <td>Cheese, pasteurized process, American, fortified with vitamin D</td> <td>28.35</td> <td>1.0 oz</td> <td>0.174</td>	01042	Cheese, pasteurized process, American, fortified with vitamin D	28.35	1.0 oz	0.174
09298         Raisins, seedless         165.0         1.0 cup, packed         0.173           07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x 4" x 3/32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.172           06072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11769         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           11760         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           11761         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.170           08001         Cereals ready-to-cat, KELLOGG, KELLOGG'S ALL-BRAN Original	01253	Cheese, pasteurized process, American, without added vitamin D	28.35	1.0 oz	0.174
07051         Olive loaf, pork         28.0         1.0 slice (1 oz) (4" x 4" x 3/32" thick)         0.173           19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.173           06072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11762         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           11824         Peas and onions, canned, solids and liquids         190.0         0.5 cup (1 NLEA serving)         0.170           03120         Babyfood, vegetables, corn, creamed, junior         240.0         1.0 cup         0.170           09248         Peaches, dried, sulfured, stewed, with added sugar         270.0 <td>08048</td> <td>Cereals ready-to-eat, GENERAL MILLS, KIX</td> <td>30.0</td> <td>1.25 cup (1 NLEA serving)</td> <td>0.174</td>	08048	Cereals ready-to-eat, GENERAL MILLS, KIX	30.0	1.25 cup (1 NLEA serving)	0.174
19173         Gelatin desserts, dry mix, prepared with water         135.0         0.5 cup         0.172           06072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11612         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           1102         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           1102         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           1102         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           11324         Peas and onions, canned, solids and liquids<	09298	Raisins, seedless	165.0	1.0 cup, packed	0.173
06072         Soup, vegetable with beef broth, canned, condensed         123.0         0.5 cup         0.172           11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 cup         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup, chopped         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11612         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           08001         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           011324         Peas and onions, canned, solids and liquids         120.0         1.0 cup         0.170           0120         Babyfood, vegetables, corn, creamed, junior         240.0         1.0 cup         0.170           09248         Peaches, dried, sulfured, stewed, with added sugar         270.0         1.0 cup         0.170           0125         Egg, whole, raw, frozen, salted, pasteurized	07051	Olive loaf, pork	28.0	1.0 slice (1 oz) (4" x 4" x 3/32" thick)	0.173
11378         Potatoes, mashed, dehydrated, flakes without milk, dry form         60.0         1.0 cup         0.172           12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11162         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           08001         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           01124         Peas and onions, canned, solids and liquids         120.0         1.0 cup         0.170           0120         Babyfood, vegetables, corn, creamed, junior         240.0         1.0 cup         0.170           09248         Peaches, dried, sulfured, stewed, with added sugar         270.0         1.0 cup         0.170           01255         Egg, whole, raw, frozen, salted, pasteurized         28.0         1.0 oz         0.170           11446         Seaweed, laver, raw         26.0         10.0 sheets </td <td>19173</td> <td>Gelatin desserts, dry mix, prepared with water</td> <td>135.0</td> <td>0.5 cup</td> <td>0.173</td>	19173	Gelatin desserts, dry mix, prepared with water	135.0	0.5 cup	0.173
12149         Nuts, pine nuts, pinyon, dried         28.35         1.0 oz         0.172           19147         Candies, peanut bar         28.35         1.0 oz         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11162         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           08001         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           08120         Babyfood, vegetables, corn, creamed, junior         240.0         1.0 cup         0.170           09248         Peaches, dried, sulfured, stewed, with added sugar         270.0         1.0 cup         0.170           01255         Egg, whole, raw, frozen, salted, pasteurized         28.0         1.0 cup         0.170           11446         Seaweed, laver, raw         26.0         10.0 sheets         0.169           18446         Pie crust, standard-type, frozen, ready-to-bake, unenriched         142.0         1.0 crust, single 9"         0.169           11306         Peas, green, canned, regular pack, solids and liquids         124.0<	06072	Soup, vegetable with beef broth, canned, condensed	123.0	0.5 cup	0.172
19147         Candies, peanut bar         28.35         1.0 oz         0.171           20330         Hominy, canned, yellow         160.0         1.0 cup         0.171           11768         Collards, cooked, boiled, drained, with salt         190.0         1.0 cup, chopped         0.171           11162         Collards, cooked, boiled, drained, without salt         190.0         1.0 cup, chopped         0.171           08001         Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original         31.0         0.5 cup (1 NLEA serving)         0.170           11324         Peas and onions, canned, solids and liquids         120.0         1.0 cup         0.170           03120         Babyfood, vegetables, corn, creamed, junior         240.0         1.0 cup         0.170           09248         Peaches, dried, sulfured, stewed, with added sugar         270.0         1.0 cup         0.170           01255         Egg, whole, raw, frozen, salted, pasteurized         28.0         1.0 cup         0.170           11446         Seaweed, laver, raw         26.0         10.0 sheets         0.169           18446         Pie crust, standard-type, frozen, ready-to-bake, unenriched         142.0         1.0 crust, single 9"         0.169           11306         Peas, green, canned, regular pack, solids and liquids	11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	60.0	1.0 cup	0.172
20330       Hominy, canned, yellow       160.0       1.0 cup       0.171         11768       Collards, cooked, boiled, drained, with salt       190.0       1.0 cup, chopped       0.171         11162       Collards, cooked, boiled, drained, without salt       190.0       1.0 cup, chopped       0.171         08001       Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original       31.0       0.5 cup (1 NLEA serving)       0.170         11324       Peas and onions, canned, solids and liquids       120.0       1.0 cup       0.170         03120       Babyfood, vegetables, corn, creamed, junior       240.0       1.0 cup       0.170         09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 cu       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	12149	Nuts, pine nuts, pinyon, dried	28.35	1.0 oz	0.172
11768       Collards, cooked, boiled, drained, with salt       190.0       1.0 cup, chopped       0.171         11162       Collards, cooked, boiled, drained, without salt       190.0       1.0 cup, chopped       0.171         08001       Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original       31.0       0.5 cup (1 NLEA serving)       0.170         11324       Peas and onions, canned, solids and liquids       120.0       1.0 cup       0.170         03120       Babyfood, vegetables, corn, creamed, junior       240.0       1.0 cup       0.170         09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 oz       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	19147	Candies, peanut bar	28.35	1.0 oz	0.171
11162       Collards, cooked, boiled, drained, without salt       190.0       1.0 cup, chopped       0.171         08001       Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original       31.0       0.5 cup (1 NLEA serving)       0.170         11324       Peas and onions, canned, solids and liquids       120.0       1.0 cup       0.170         03120       Babyfood, vegetables, corn, creamed, junior       240.0       1.0 cup       0.170         09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 oz       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	20330	Hominy, canned, yellow	160.0	1.0 cup	0.171
08001       Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original       31.0       0.5 cup (1 NLEA serving)       0.170         11324       Peas and onions, canned, solids and liquids       120.0       1.0 cup       0.170         03120       Babyfood, vegetables, corn, creamed, junior       240.0       1.0 cup       0.170         09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 oz       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	11768	Collards, cooked, boiled, drained, with salt	190.0	1.0 cup, chopped	0.171
11324       Peas and onions, canned, solids and liquids       120.0       1.0 cup       0.170         03120       Babyfood, vegetables, corn, creamed, junior       240.0       1.0 cup       0.170         09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 oz       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	11162	Collards, cooked, boiled, drained, without salt	190.0	1.0 cup, chopped	0.171
Babyfood, vegetables, corn, creamed, junior 240.0 1.0 cup 0.170 09248 Peaches, dried, sulfured, stewed, with added sugar 270.0 1.0 cup 0.170 01255 Egg, whole, raw, frozen, salted, pasteurized 28.0 1.0 oz 0.170 11446 Seaweed, laver, raw 26.0 10.0 sheets 0.169 18446 Pie crust, standard-type, frozen, ready-to-bake, unenriched 142.0 1.0 crust, single 9" 0.169 11306 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 0.169	08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	31.0	0.5 cup (1 NLEA serving)	0.170
09248       Peaches, dried, sulfured, stewed, with added sugar       270.0       1.0 cup       0.170         01255       Egg, whole, raw, frozen, salted, pasteurized       28.0       1.0 oz       0.170         11446       Seaweed, laver, raw       26.0       10.0 sheets       0.169         18446       Pie crust, standard-type, frozen, ready-to-bake, unenriched       142.0       1.0 crust, single 9"       0.169         11306       Peas, green, canned, regular pack, solids and liquids       124.0       0.5 cup       0.169	11324	Peas and onions, canned, solids and liquids	120.0	1.0 cup	0.170
Egg, whole, raw, frozen, salted, pasteurized 28.0 1.0 oz 0.170 2 11446 Seaweed, laver, raw 26.0 10.0 sheets 0.169 28.46 Pie crust, standard-type, frozen, ready-to-bake, unenriched 142.0 1.0 crust, single 9" 0.169 21306 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 0.169	03120	Babyfood, vegetables, corn, creamed, junior	240.0	1.0 cup	0.170
11446 Seaweed, laver, raw 26.0 10.0 sheets 0.169 18446 Pie crust, standard-type, frozen, ready-to-bake, unenriched 142.0 1.0 crust, single 9" 0.169 11306 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 0.169	09248	Peaches, dried, sulfured, stewed, with added sugar	270.0	1.0 cup	0.170
Pie crust, standard-type, frozen, ready-to-bake, unenriched 142.0 1.0 crust, single 9" 0.169 Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 0.169	01255	Egg, whole, raw, frozen, salted, pasteurized	28.0	1.0 oz	0.170
Peas, green, canned, regular pack, solids and liquids 124.0 0.5 cup 0.169	11446	Seaweed, laver, raw	26.0	10.0 sheets	0.169
	18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	142.0	1.0 crust, single 9"	0.169
09181 Melons, cantaloupe, raw 177.0 1.0 cup, balls 0.168	11306	Peas, green, canned, regular pack, solids and liquids	124.0	0.5 cup	0.169
	09181	Melons, cantaloupe, raw	177.0	1.0 cup, balls	0.168

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
36004	APPLEBEE'S, mozzarella sticks	32.0	1.0 piece	0.168
12128	Nuts, ginkgo nuts, dried	28.35	1.0 oz	0.168
17185	Lamb, variety meats and by-products, brain, raw	28.35	1.0 oz	0.167
36008	T.G.I. FRIDAY'S, fried mozzarella	35.0	1.0 piece	0.167
11813	Peas, green, canned, no salt added, drained solids	85.0	0.5 cup	0.167
11786	Drumstick leaves, cooked, boiled, drained, with salt	42.0	1.0 cup, chopped	0.166
11223	Drumstick leaves, cooked, boiled, drained, without salt	42.0	1.0 cup, chopped	0.166
19022	Snacks, granola bars, soft, uncoated, raisin	43.0	1.0 bar (1.5 oz)	0.166
11877	Sweet potato, frozen, cooked, baked, with salt	176.0	1.0 cup, cubes	0.165
11517	Sweet potato, frozen, cooked, baked, without salt	176.0	1.0 cup, cubes	0.165
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	28.0	1.0 cup (1 NLEA serving)	0.164
28295	Tortillas, ready-to-bake or -fry, whole wheat	41.0	1.0 tortilla 1 serving	0.164
11516	Sweet potato, frozen, unprepared	176.0	1.0 cup, cubes	0.164
09037	Avocados, raw, all commercial varieties	150.0	1.0 cup, cubes	0.164
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.163
11266	Mushrooms, brown, italian, or crimini, raw	87.0	1.0 cup whole	0.163
08506	Cereals ready-to-eat, RALSTON Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.162
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	28.0	1.0 cup (1 NLEA serving)	0.162
16161	MORI-NU, Tofu, silken, soft	84.0	1.0 slice	0.162
11961	Hearts of palm, canned	146.0	1.0 cup	0.162
18088	Cake, angelfood, dry mix, prepared	50.0	1.0 piece (1/12 of 10" dia)	0.162
19096	Ice creams, vanilla, light, soft-serve	88.0	1.0 serving 1/2 cup	0.162
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	28.35	1.0 oz	0.161
16130	Okara	122.0	1.0 cup	0.161
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	86.0	1.0 cup diced	0.161
15172	Mollusks, scallop, mixed species, raw	30.0	1.0 unit 2 large or 5 small	0.161
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	59.0	1.0 cup (1 NLEA serving)	0.160
08074	Cereals ready-to-eat, RALSTON TASTEEOS	28.0	1.0 cup (1 NLEA serving)	0.160
11962	Peppers, hot chile, sun-dried	37.0	1.0 cup	0.160
18954	Bread, pound cake type, pan de torta salvadoran	55.0	1.0 serving	0.160
11551	Tomato products, canned, sauce, with mushrooms	245.0	1.0 cup	0.159
01270	Cheese, cheddar, sharp, sliced	19.0	1.0 slice (2/3 oz)	0.159
18139	Cake, white, prepared from recipe without frosting	74.0	1.0 piece (1/12 of 9" dia)	0.159
19077	Baking chocolate, unsweetened, liquid	28.35	1.0 oz	0.159
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	142.0	0.5 cup From 19211	0.159
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	244.0	1.0 cup	0.159

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
17270	Veal, breast, separable fat, cooked	28.35	1.0 oz	0.158
12695	Nuts, almond butter, plain, with salt added	16.0	1.0 tbsp	0.158
12195	Nuts, almond butter, plain, without salt added	16.0	1.0 tbsp	0.158
11956	Tomatoes, sun-dried, packed in oil, drained	110.0	1.0 cup	0.158
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	210.0	1.0 cup	0.158
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.157
11004	Amaranth leaves, cooked, boiled, drained, without salt	132.0	1.0 cup	0.157
11700	Amaranth leaves, cooked, boiled, drained, with salt	132.0	1.0 cup	0.157
09034	Apricots, dried, sulfured, stewed, with added sugar	270.0	1.0 cup, halves	0.157
01047	Cheese food, pasteurized process, swiss	28.35	1.0 oz	0.156
18346	Rolls, dinner, rye	43.0	1.0 large (approx 3-1/2" to 4" dia)	0.156
08122	Cereals, oats, instant, fortified, plain, dry	28.0	1.0 packet	0.155
19007	Snacks, corn-based, extruded, onion-flavor	28.35	1.0 oz	0.155
32006	Taquitos, frozen, chicken and cheese, oven-heated	42.0	1.0 piece	0.155
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	241.0	1.0 cup	0.154
10942	Pork, fresh, composite of separable fat, with added solution, raw	28.35	1.0 oz	0.154
11011	Asparagus, raw	134.0	1.0 cup	0.154
07974	Bacon, turkey, low sodium	15.0	1.0 serving	0.154
18448	Taco shells, baked, without added salt	28.35	1.0 oz	0.153
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	180.0	1.0 cup (1" pieces)	0.153
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	180.0	1.0 cup (1" pieces)	0.153
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	170.0	1.0 cup, shredded	0.153
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	170.0	1.0 cup, shredded	0.153
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	202.0	1.0 potato (2-1/3" x 4-3/4")	0.152
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	202.0	1.0 potato (2-3/4" dia by 4-3/4" long)	0.152
06417	Soup, chicken gumbo, canned, prepared with equal volume water	244.0	1.0 cup	0.151
32007	Taquitos, frozen, beef and cheese, oven-heated	42.0	1.0 piece	0.151
12169	Seeds, sesame butter, paste	16.0	1.0 tbsp	0.151
06017	Soup, chicken gumbo, canned, condensed	126.0	0.5 cup (4 fl oz)	0.151
17188	Veal, variety meats and by-products, brain, raw	28.35	1.0 oz	0.151
10006	Pork, fresh, separable fat, raw	28.35	1.0 oz	0.150
09095	Figs, dried, stewed	259.0	1.0 cup	0.150
18299	Pancakes, whole-wheat, dry mix, incomplete	28.35	1.0 oz	0.150
19058	Snacks, tortilla chips, ranch-flavor	28.35	1.0 oz	0.150
11579	Vegetables, mixed, canned, solids and liquids	245.0	1.0 cup	0.149
07041	Liver sausage, liverwurst, pork	18.0	1.0 slice (2-1/2" dia x 1/4" thick)	0.149

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
01156	Cheese, goat, hard type	28.35	1.0 oz	0.149
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	210.0	1.0 cup	0.149
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	210.0	1.0 cup	0.149
06416	Soup, cream of chicken, canned, prepared with equal volume water	244.0	1.0 cup	0.149
06016	Soup, cream of chicken, canned, condensed	126.0	0.5 cup (4 fl oz)	0.149
01210	Egg Mix, USDA Commodity	8.6	1.0 tbsp	0.148
11222	Drumstick leaves, raw	21.0	1.0 cup, chopped	0.148
11671	Potatoes, o'brien, home-prepared	194.0	1.0 cup	0.147
11267	Mushrooms, shiitake, stir-fried	89.0	1.0 cup whole	0.147
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	236.0	1.0 cup, mashed	0.146
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	236.0	1.0 cup, mashed	0.146
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	243.0	1.0 cup	0.146
19089	Ice creams, vanilla, rich	107.0	0.5 cup	0.146
19063	Snacks, tortilla chips, taco-flavor	28.35	1.0 oz	0.145
11370	Potatoes, hash brown, home-prepared	156.0	1.0 cup	0.145
05084	Chicken, broilers or fryers, neck, meat and skin, raw	15.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.145
27002	Soup, wonton, Chinese restaurant	223.0	1.0 cup	0.145
11967	Cauliflower, green, cooked, no salt added	90.0	0.2 head	0.145
11124	Carrots, raw	128.0	1.0 cup chopped	0.145
11265	Mushrooms, portabella, raw	86.0	1.0 cup diced	0.144
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	140.0	0.5 cup	0.144
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	147.0	0.5 cup	0.144
03091	Babyfood, vegetables, green beans, strained	240.0	1.0 cup	0.144
09032	Apricots, dried, sulfured, uncooked	130.0	1.0 cup, halves	0.143
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	85.0	1.0 cup	0.143
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	210.0	1.0 cup	0.143
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	140.0	0.5 cup	0.143
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	28.35	1.0 oz	0.143
19057	Snacks, tortilla chips, nacho cheese	28.35	1.0 oz	0.143
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.143
18175	Cookies, ladyfingers, with lemon juice and rind	28.35	1.0 oz	0.142
18423	Cookies, ladyfingers, without lemon juice and rind	28.35	1.0 oz	0.142
19913	Candies, NESTLE, BUTTERFINGER Crisp	60.0	1.0 piece	0.142
01125	Egg, yolk, raw, fresh	17.0	1.0 large	0.142
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	142.0	0.5 cup From 19211	0.142
09144	Jackfruit, raw	165.0	1.0 cup, sliced	0.142

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
13019	Beef, retail cuts, separable fat, raw	28.35	1.0 oz	0.141
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET& amp; SALTY NUT, peanut	35.0	1.0 bar	0.141
19090	Ice creams, french vanilla, soft-serve	86.0	0.5 cup (4 fl oz)	0.141
01236	Ice cream, soft serve, chocolate	86.0	0.5 cup	0.141
01069	Cream substitute, powdered	94.0	1.0 cup	0.141
18376	Bread crumbs, dry, grated, seasoned	28.35	1.0 oz	0.141
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	11.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.141
03013	Babyfood, meat, chicken, junior	15.0	1.0 tbsp	0.140
18146	Cake, yellow, prepared from recipe without frosting	68.0	1.0 piece (1/12 of 8" dia)	0.140
01045	Cheese food, cold pack, American	28.35	1.0 oz	0.140
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	147.0	0.5 cup From 19191	0.140
11576	Turnip greens and turnips, frozen, unprepared	95.0	0.33 package (10 oz)	0.140
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	15.0	1.0 tbsp	0.140
11260	Mushrooms, white, raw	70.0	1.0 cup, pieces or slices	0.139
08025	Cereals ready-to-eat, RALSTON CRISP RICE	33.0	1.25 cup (1 NLEA serving)	0.139
11574	Turnip greens, frozen, unprepared	82.0	0.5 cup, chopped or diced	0.139
12040	Seeds, sunflower seed butter, without salt	16.0	1.0 tbsp	0.138
12540	Seeds, sunflower seed butter, with salt added	16.0	1.0 tbsp	0.138
20006	Barley, pearled, cooked	157.0	1.0 cup	0.138
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	30.0	0.75 cup (1 NLEA serving)	0.138
19078	Baking chocolate, unsweetened, squares	29.0	1.0 oz square Bakers	0.138
19003	Snacks, corn-based, extruded, chips, plain	28.0	1.0 oz	0.137
11647	Sweet potato, canned, syrup pack, drained solids	196.0	1.0 cup	0.137
18079	Bread crumbs, dry, grated, plain	28.35	1.0 oz	0.137
18295	Pancakes, buckwheat, dry mix, incomplete	28.35	1.0 oz	0.137
11087	Beet greens, cooked, boiled, drained, without salt	144.0	1.0 cup (1" pieces)	0.137
11736	Beet greens, cooked, boiled, drained, with salt	144.0	1.0 cup (1" pieces)	0.137
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	93.0	1.0 cup, shredded	0.137
03108	Babyfood, vegetables, sweet potatoes strained	224.0	1.0 cup	0.137
18084	Bread stuffing, cornbread, dry mix	28.35	1.0 oz	0.136
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	153.0	10.0 strip	0.136
12104	Nuts, coconut meat, raw	80.0	1.0 cup, shredded	0.136
11583	Vegetables, mixed, frozen, unprepared	95.0	0.33 package (10 oz)	0.136
03015	Babyfood, meat, turkey, strained	15.0	1.0 tbsp	0.136
09176	Mangos, raw	165.0	1.0 cup pieces	0.135
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	29.0	1.0 cup (1 NLEA serving)	0.135

1984         Saucks, corn-based, extruded, chips, barbecue-flavor         28.35         1.0 oz         0.135           1904         Snacks, corn-based, extruded, chips, barbecue-flavor         28.35         1.0 oz         0.135           22978         Chricken tenders, brended, florose, perpared         21.0         1.0 pieze         0.155           1874         Breccoll, stalks, row         114.0         1.0 pieze         1.0 cg           1879         Biglish bruffins, plain, coasted, cariched, with calcium propionate (includes sourdough)         28.35         1.0 oz         0.134           1825         English muffins, plain, coasted, cariched, with calcium propionate (includes sourdough)         28.35         1.0 oz         0.134           1826         Signash, summer, zendrini, includes skin, firozen, cooked, bottled, drained, with sait         223.0         1.0 oz         0.134           1826         Sumash, summer, zucclini, includes skin, firozen, cooked, bottled, drained, without salt         223.0         1.0 oz         0.133           1826         See system better, trainly, firozen, cooked, bottled, drained, without salt         223.0         1.0 oz         0.133           1826         See system better, trainly, firozen, cooked, bottled, drained, with sait         87.0         1.0 oz         0.133           1826         See system better, trainly, firozen, coo	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
2078   Chicken tenders, breaded, frozen, prepared   21.0   1.0 piece   0.135	19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	28.35	1.0 oz	0.135
1744   Broccoli, stalks, rsw	19004	Snacks, corn-based, extruded, chips, barbecue-flavor	28.35	1.0 oz	0.135
Dabyfood, vegetables, green beans, junior	22978	Chicken tenders, breaded, frozen, prepared	21.0	1.0 piece	0.135
Milk substitutes, fluid, with lauric acid oil   2440   1.0 cup   0.134     1829   English mufflins, plain, tosated, enriched, with calcium propionale (includes sourdough)   28.35   1.0 oz   0.134     1862   Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt   223.0   1.0 cup   0.134     1880   Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt   223.0   1.0 cup   0.134     1880   Coreals ready-to-eart, USDA Commodity Corn and Rice (includes all commodity brands)   29.0   1.0 cup   0.135     12166   Seeds, sesame butter, tabini, from troasted and toasted kernels (most common type)   1.5 0   1.0 tbsp   0.133     12125   Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.133     11288   Typicalth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     11888   Tomato products, cannod, purce, with salt added   2500   1.0 cup   0.133     11888   Tomato products, cannod, purce, with salt added   2500   1.0 cup   0.132     1210   Nurs, coconnt meat, dried (desicated), sweetened, flaked, canned   77.0   1.0 cup   0.132     1210   Puddings, lemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132     1211   Puddings, lemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132     1212   Puddings, vanilla, dry mix, regular, prepared with 2% milk   128.0   0.5 cup   0.132     1217   Seeds, sesame butter, labini, from uncoasted kernels (non-themically removed seed coat)   1.4 0   1.0 tbsp   0.131     12059   Nurs, acoms, dried   0.10 tbsp   0.131     12059   Nurs, acoms, dried   0.10 tbsp   0.131     12071   Seeds, sesame butter, labini, from uncoasted kernels (non-themically removed seed coat)   1.0 cup   0.130     18347   Tomato products, cannod, purce, without salt added   20.0   1.0 serving (NIEA serving size - 0.75 cup)   0.130     18349   Creckers, whole-wheat, reduced fat   0.10 tbsp   0.130     18349   Creckers, whole-wheat, reduced fat   0.1	11741	Broccoli, stalks, raw	114.0	1.0 stalk	0.135
18259   Faglish mufflins, plain, toasted, enriched, with calcium propionate (includes sourdough)   28.35   1.0 or 0.134     11862   Squash, summer, zuechini, includes skin, frozen, cooked, boiled, drained, with salt   223.0   1.0 cup   0.134     11863   Squash, summer, zuechini, includes skin, frozen, cooked, boiled, drained, without salt   223.0   1.0 cup   0.134     11868   Squash, summer, zuechini, includes skin, frozen, cooked, boiled, drained, without salt   223.0   1.0 cup   0.133     12166   Seeds, resame butter, tahini, from roasted and toasted kernels (most common type)   15.0   1.0 thsp   0.133     11225   Hyncinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.133     11788   Hyncinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     11888   Tomato products, canned, puree, with salt added   250.0   1.0 cup   0.133     11888   Tomato products, canned, puree, with salt added   250.0   1.0 cup   0.132     12110   Nuts, coconut meat, dried (desiceated), sweetened, flaked, canned   77.0   1.0 cup   0.132     12110   Nuts, coconut meat, dried (desiceated), sweetened, flaked, canned   77.0   0.5 cup   0.132     13121   Puddings, kemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132     13121   Puddings, vanilla, dry mix, regular, prepared with 2% milk   128.0   0.5 cup   0.132     13121   Puddings, vanilla, dry mix, regular, prepared with 2% milk   128.0   0.5 cup   0.133     13205   Nats, acoms, dried   1.0 cup   0.133     13205   Nats, acoms, dried   1.0 cup   0.131     1331   Puddongs, kemon, dry mix, instant, prepared with 4% milk   128.0   0.5 cup   0.131     1331   13020   Nats, acoms, dried   1.0 cup   0.131     1331   Puddongs, kemon, dry mix, instant, prepared with 4% milk   128.0   0.5 cup   0.131     1331   13020   Nats, acoms, dried   1.0 cup   0.131     1331   13020   Nats, acoms, dried   1.0 cup   0.131     1331   13020   Nats, acoms, dried   1.0 cup   0.131     1331   1332   1332   1332   1332   13	03092	Babyfood, vegetables, green beans, junior	240.0	1.0 cup	0.134
1882   Squash, summer, zuschini, includes skin, frozen, cooked, boiled, drained, with salt   223.0   1.0 cup   0.134     1480   Squash, summer, zuschini, includes skin, frozen, cooked, boiled, drained, without salt   223.0   1.0 cup   0.134     1888   Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)   29.0   1.0 cup   0.133     12166   Sceds, sesame butter, tabini, from roasted and rassed kernels (most common type)   15.0   1.0 tibsp   0.133     11225   Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.133     11788   Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     11880   Potatoes, frozen, whole, unprepared   182.0   1.0 cup   0.132     12110   Nuts, coconut meat, dried (desiscented), sweetened, flaked, canned   250.0   1.0 cup   0.132     12110   Nuts, coconut meat, dried (desiscented), sweetened, flaked, canned   77.0   1.0 cup   0.132     12110   Puddings, lemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132     12121   Puddings, kemon, dry mix, instant, prepared with 2% milk   128.0   0.5 cup   0.132     12171   Seeds, sesume butter, tabini, from unroasted kernels (non-chemically removed seed cout)   14.0   1.0 tibsp   0.131     12059   Nuts, accoms, dried   28.35   1.0 oz   0.131     12059   Nuts, accoms, dried   25.0   1.0 cup   0.130     1547   Tomato products, canned, pures, without salt added   250.0   1.0 serving   0.130     1547   Tomato products, canned, pures, without salt added   250.0   1.0 serving   0.130     1849   Creakers, whole-wheat, reduced fat   29.0   1.0 serving   0.130     1849   Creakers, whole-wheat, reduced fat   29.0   1.0 serving   0.130     1858   Pread, protein, (includes gluten), toasted   28.35   1.0 oz   0.120     1858   Squash, summer, scallop, cooked, boiled, drained, without salt   192.0   1.0 serving   0.120     1859   Squash, summer, crookneek and straightneek, frozen, cooked, boiled, drained, without salt   192.0   1.0 cup	01076	Milk substitutes, fluid, with lauric acid oil	244.0	1.0 cup	0.134
1480   Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt   223.0   1.0 cup   0.134	18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.134
08508         Cereals ready-to-eat, USDA Commodity Com and Rice (includes all commodity brands)         29.0         1.0 cup         0.133           12166         Seeds, sesume butter, tahini, from roasted and toasted kernels (most common type)         15.0         1.0 tbsp         0.133           11225         Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt         87.0         1.0 cup         0.133           11788         Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt         87.0         1.0 cup         0.133           11800         Potatoes, frozen, whole, unprepared         182.0         1.0 cup         0.133           11888         Tomato products, canned, purce, with salt added         250.0         1.0 cup         0.132           12110         Nits, coronut meat, dried (desiceated), sweetened, flaked, canned         77.0         1.0 cup         0.132           19331         Puddings, lemon, dry mix, instant, prepared with whole milk         147.0         0.5 cup         0.132           19212         Puddings, lemon, dry mix, instant, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         0.10 tup         0.131           12059         Nits, acorns, dried         28.35	11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	223.0	1.0 cup	0.134
12166   Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)   15.0   1.0 thsp   0.133   11225   Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.133   11788   Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133   11460   Potatoes, frozen, whole, umprepared   182.0   1.0 cup   0.133   11460   Potatoes, frozen, whole, umprepared   182.0   1.0 cup   0.132   12110   Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned   77.0   1.0 cup   0.132   12110   Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned   77.0   1.0 cup   0.132   1331   Puddings, lemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132   1331   Puddings, vanilla, dry mix, regular, prepared with whole milk   128.0   0.5 cup   0.132   1212   Puddings, vanilla, dry mix, regular, prepared with 2% milk   128.0   0.5 cup   0.132   12171   Seeds, seame butter, tahini, from unroasted kernels (non-chemically removed seed coat)   14.0   1.0 thsp   0.131   12059   Nuts, acorns, dried   28.35   1.0 oz   0.131   12059   Nuts, acorns, dried   28.35   1.0 oz   0.131   1371   Potatoes, mashed, home-prepared, whole milk and margarine added   210.0   1.0 tup   0.130   11547   Tomato products, canned, puree, without salt added   220.0   1.0 serving (NLEA serving size = 0.75 cup)   0.130   1836   Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes   29.0   1.0 serving (NLEA serving size = 0.75 cup)   0.130   1838   Bread, protein, (includes gluten), toasted   28.35   1.0 oz   0.129   1208   Nuts, cashes butter, plain, without salt added   24.00   1.0 cup, mashed   0.130   1838   Bread, protein, (includes gluten), toasted   28.35   1.0 oz   0.129   1208   Nuts, cashes butter, plain, without salt added   1.0 cup   1.0 cup mashed   1.0 cup, mashed	11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	223.0	1.0 cup	0.134
Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.133     Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.133     Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt   87.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   87.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup   0.132     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     Hyacinth-beans, immer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     Hyacinth-beans, immer, instanter seeds, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     Hyacinth-beans, imature seeds, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129	08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	29.0	1.0 cup	0.133
11788         Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt         87.0         1.0 cup         0.133           11400         Potatoes, frozen, whole, unprepared         182.0         1.0 cup         0.133           11888         Tomato products, canned, puree, with salt added         250.0         1.0 cup         0.132           12110         Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned         77.0         0.0 cup         0.132           19331         Puddings, lemon, dry mix, instant, prepared with whole milk         147.0         0.5 cup         0.132           19312         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12711         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         15.0         1.0 tbsp         0.131           13011         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11847         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130 <td>12166</td> <td>Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)</td> <td>15.0</td> <td>1.0 tbsp</td> <td>0.133</td>	12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	15.0	1.0 tbsp	0.133
182.0   1.0 cup   0.133     1888   Tomato products, canned, puree, with salt added   250.0   1.0 cup   0.132     12110   Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned   77.0   1.0 cup   0.132     19331   Puddings, lemon, dry mix, instant, prepared with whole milk   147.0   0.5 cup   0.132     19331   Puddings, vanilla, dry mix, regular, prepared with whole milk   147.0   0.5 cup   0.132     19212   Puddings, vanilla, dry mix, regular, prepared with 2% milk   128.0   0.5 cup   0.132     19213   Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)   14.0   1.0 tbsp   0.131     12059   Nuts, acorns, dried   28.35   1.0 oz   0.131     13012   Babyfood, meat, chicken, strained   15.0   1.0 tbsp   0.131     1371   Potatoes, mashed, home-prepared, whole milk and margarine added   210.0   1.0 cup   0.130     11547   Tomato products, canned, puree, without salt added   250.0   1.0 cup   0.130     18949   Crackers, whole-wheat, reduced fat   29.0   1.0 serving (NLEA serving size = 0.75 cup)   0.130     18950   Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes   29.0   1.0 serving (NLEA serving size = 0.75 cup)   0.130     18383   Bread, protein, (includes gluten), toasted   28.35   1.0 oz   0.129     11088   Nuts, cashew butter, plain, without salt added   28.35   1.0 oz   0.129     11089   Squash, summer, scallop, cooked, boiled, drained, without salt   240.0   1.0 cup, mashed   0.130     18980   Ruts, cashew butter, plain, without salt added   16.0   1.0 tbsp   0.129     18990   Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     11057   Potatoes, mashed, home-prepared, whole milk added   210.0   1.0 cup slices   0.129     11057   Potatoes, mashed, home-prepared, whole milk added   210.0   1.0 cup slices   0.129     11087   Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt   192.0   1.0 cup slices   0.129     11058   Potatoes, mashed, home-pre	11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	87.0	1.0 cup	0.133
11888         Tomato products, canned, purce, with salt added         250.0         1.0 cup         0.132           12110         Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned         77.0         1.0 cup         0.132           19331         Puddings, lemon, dry mix, instant, prepared with whole milk         147.0         0.5 cup         0.132           03109         Babyfood, vegetables, sweet potatoes, junior         224.0         1.0 cup         0.132           19212         Puddings, vamilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, seame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acoms, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         115.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11847         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130	11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	87.0	1.0 cup	0.133
12110         Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned         77.0         1.0 cup         0.132           19331         Puddings, lemon, dry mix, instant, prepared with whole milk         147.0         0.5 cup         0.132           03109         Babyfood, vegetables, sweet potatoes, junior         224.0         1.0 cup         0.132           19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         15.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11547         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130	11400	Potatoes, frozen, whole, unprepared	182.0	1.0 cup	0.133
19331         Puddings, lemon, dry mix, instant, prepared with whole milk         147.0         0.5 cup         0.132           03109         Babyfood, vegetables, sweet potatoes, junior         224.0         1.0 cup         0.132           19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         15.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11547         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           <	11888	Tomato products, canned, puree, with salt added	250.0	1.0 cup	0.132
03109         Babyfood, vegetables, sweet potatoes, junior         224.0         1.0 cup         0.132           19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         15.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11547         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         0.130           08504         Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           11476         Squash, summer, scallop, cooked, boiled, drained, without salt         240.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           18383         Bread, protein, (includes gluten), toasted         28.35         1.0 oz         0.129<	12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	77.0	1.0 cup	0.132
19212         Puddings, vanilla, dry mix, regular, prepared with 2% milk         128.0         0.5 cup         0.132           12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         15.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11547         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         0.130           08504         Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes         29.0         1.0 serving (NLEA serving size = 0.75 cup)         0.130           11476         Squash, summer, scallop, cooked, boiled, drained, without salt         240.0         1.0 cup, mashed         0.130           18383         Bread, protein, (includes gluten), toasted         28.35         1.0 oz         0.129           12088         Nuts, cashew butter, plain, without salt added         16.0         1.0 tbsp         0.129	19331	Puddings, lemon, dry mix, instant, prepared with whole milk	147.0	0.5 cup	0.132
12171         Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)         14.0         1.0 tbsp         0.131           12059         Nuts, acorns, dried         28.35         1.0 oz         0.131           03012         Babyfood, meat, chicken, strained         15.0         1.0 tbsp         0.131           11371         Potatoes, mashed, home-prepared, whole milk and margarine added         210.0         1.0 cup         0.130           11547         Tomato products, canned, puree, without salt added         250.0         1.0 cup         0.130           18949         Crackers, whole-wheat, reduced fat         29.0         1.0 serving         0.130           08504         Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes         29.0         1.0 serving (NLEA serving size = 0.75 cup         0.130           11476         Squash, summer, scallop, cooked, boiled, drained, without salt         240.0         1.0 cup, mashed         0.130           18383         Bread, protein, (includes gluten), toasted         28.35         1.0 oz         0.129           12088         Nuts, cashew butter, plain, without salt added         16.0         1.0 tbsp         0.129           11879         Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt         192.0         1.0 cup slices	03109	Babyfood, vegetables, sweet potatoes, junior	224.0	1.0 cup	0.132
12059       Nuts, acorns, dried       28.35       1.0 oz       0.131         03012       Babyfood, meat, chicken, strained       15.0       1.0 tbsp       0.131         11371       Potatoes, mashed, home-prepared, whole milk and margarine added       210.0       1.0 cup       0.130         11547       Tomato products, canned, puree, without salt added       250.0       1.0 cup       0.130         18949       Crackers, whole-wheat, reduced fat       29.0       1.0 serving       0.130         08504       Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes       29.0       1.0 serving (NLEA serving size = 0.75 cup)       0.130         11476       Squash, summer, scallop, cooked, boiled, drained, without salt       240.0       1.0 cup, mashed       0.130         18383       Bread, protein, (includes gluten), toasted       28.35       1.0 oz       0.129         12088       Nuts, cashew butter, plain, without salt added       16.0       1.0 tbsp       0.129         11859       Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt       192.0       1.0 cup slices       0.129         11474       Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt       192.0       1.0 cup slices       0.129         11657       Potatoes, mashed, home-pre	19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.132
Babyfood, meat, chicken, strained 15.0 1.0 tbsp 0.131 11371 Potatoes, mashed, home-prepared, whole milk and margarine added 210.0 1.0 cup 0.130 11547 Tomato products, canned, puree, without salt added 250.0 1.0 cup 0.130 18949 Crackers, whole-wheat, reduced fat 29.0 1.0 serving 0.130 08504 Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes 29.0 1.0 serving (NLEA serving size = 0.75 cup) 0.130 11476 Squash, summer, scallop, cooked, boiled, drained, without salt 240.0 1.0 cup, mashed 0.130 18383 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.129 12088 Nuts, cashew butter, plain, without salt added 16.0 1.0 tbsp 0.129 1859 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt 192.0 1.0 cup slices 0.129 11474 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 192.0 1.0 cup slices 0.129 11657 Potatoes, mashed, home-prepared, whole milk added 210.0 1.0 cup 0.128	12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	14.0	1.0 tbsp	0.131
Potatoes, mashed, home-prepared, whole milk and margarine added 210.0 1.0 cup 0.130 Tomato products, canned, puree, without salt added 250.0 1.0 cup 0.130 Crackers, whole-wheat, reduced fat 29.0 1.0 serving 0.130 Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes 29.0 1.0 serving (NLEA serving size = 0.75 cup) 0.130 Squash, summer, scallop, cooked, boiled, drained, without salt 240.0 1.0 cup, mashed 0.130 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.129 Nuts, cashew butter, plain, without salt added 16.0 1.0 tbsp 0.129 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt 192.0 1.0 cup slices 0.129 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 192.0 1.0 cup slices 0.129 Potatoes, mashed, home-prepared, whole milk added 210.0 1.0 cup 0.128	12059	Nuts, acoms, dried	28.35	1.0 oz	0.131
Tomato products, canned, puree, without salt added  Crackers, whole-wheat, reduced fat  29.0  Crackers, whole-wheat, reduced fat  29.0  Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes  29.0  1.0 serving (NLEA serving size = 0.75 cup)  1.30  Squash, summer, scallop, cooked, boiled, drained, without salt  240.0  1.0 serving (NLEA serving size = 0.75 cup)  1.30  Read, protein, (includes gluten), toasted  28.35  Nuts, cashew butter, plain, without salt added  16.0  1.0 tbsp  1.0 cup  11859  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  1.0 cup slices  0.129  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup  0.130	03012	Babyfood, meat, chicken, strained	15.0	1.0 tbsp	0.131
Crackers, whole-wheat, reduced fat  Crackers, whole-wheat, reduced fat  Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes  29.0  1.0 serving (NLEA serving size = 0.75 cup)  11476  Squash, summer, scallop, cooked, boiled, drained, without salt  240.0  1.0 cup, mashed  0.130  18383  Bread, protein, (includes gluten), toasted  28.35  1.0 oz  0.129  1859  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup slices  0.129	11371	Potatoes, mashed, home-prepared, whole milk and margarine added	210.0	1.0 cup	0.130
Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes  29.0  1.0 serving (NLEA serving size = 0.75 cup)  0.130  11476  Squash, summer, scallop, cooked, boiled, drained, without salt  240.0  1.0 cup, mashed  0.130  18383  Bread, protein, (includes gluten), toasted  28.35  1.0 oz  0.129  12088  Nuts, cashew butter, plain, without salt added  16.0  1.0 tbsp  0.129  11859  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  1.0 cup slices  0.129  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  1.0 cup slices  0.129  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup  0.130	11547	Tomato products, canned, puree, without salt added	250.0	1.0 cup	0.130
Squash, summer, scallop, cooked, boiled, drained, without salt 240.0 1.0 cup, mashed 0.130 Bread, protein, (includes gluten), toasted 28.35 1.0 oz 0.129 Nuts, cashew butter, plain, without salt added 16.0 1.0 tbsp 0.129 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt 192.0 1.0 cup slices 0.129 11474 Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 192.0 1.0 cup slices 0.129 11657 Potatoes, mashed, home-prepared, whole milk added 210.0 1.0 cup 0.128	18949	Crackers, whole-wheat, reduced fat	29.0	1.0 serving	0.130
Bread, protein, (includes gluten), toasted  28.35  1.0 oz  0.129  Nuts, cashew butter, plain, without salt added  16.0  1.0 tbsp  0.129  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  1.0 cup slices  0.129  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup	08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	29.0	1.0 serving (NLEA serving size = 0.75 cup)	0.130
Nuts, cashew butter, plain, without salt added  16.0  1.0 tbsp  0.129  11859  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  1.0 cup slices  0.129  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  1.0 cup slices  0.129  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup	11476	Squash, summer, scallop, cooked, boiled, drained, without salt	240.0	1.0 cup, mashed	0.130
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt  192.0  1.0 cup slices  0.129  11474  Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt  192.0  1.0 cup slices  0.129  11657  Potatoes, mashed, home-prepared, whole milk added  210.0  1.0 cup	18383	Bread, protein, (includes gluten), toasted	28.35	1.0 oz	0.129
Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt 192.0 1.0 cup slices 0.129  Potatoes, mashed, home-prepared, whole milk added 210.0 1.0 cup 0.128	12088	Nuts, cashew butter, plain, without salt added	16.0	1.0 tbsp	0.129
Potatoes, mashed, home-prepared, whole milk added 210.0 1.0 cup	11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	192.0	1.0 cup slices	0.129
	11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	192.0	1.0 cup slices	0.129
Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt 251.0 1.0 cup (1 serving) 0.128	11657	Potatoes, mashed, home-prepared, whole milk added	210.0	1.0 cup	0.128
	08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	251.0	1.0 cup (1 serving)	0.128
19209 Puddings, tapioca, dry mix, prepared with 2% milk 128.0 0.5 cup 0.128	19209	Puddings, tapioca, dry mix, prepared with 2% milk	128.0	0.5 cup	0.128
Puddings, vanilla, dry mix, instant, prepared with whole milk 142.0 0.5 cup 0.128	19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	142.0	0.5 cup	0.128
09314 Sapote, mamey, raw 175.0 1.0 cup 1" pieces 0.128	09314	Sapote, mamey, raw	175.0	1.0 cup 1" pieces	0.128

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11490	Squash, winter, hubbard, baked, without salt	205.0	1.0 cup, cubes	0.127
11868	Squash, winter, hubbard, baked, with salt	205.0	1.0 cup, cubes	0.127
11097	Broccoli raab, cooked	85.0	1.0 NLEA serving	0.127
18951	Waffles, chocolate chip, frozen, ready-to-heat	70.0	2.0 waffles	0.126
11235	Kale, frozen, unprepared	94.0	0.333 package (10 oz)	0.126
03008	Babyfood, meat, ham, strained	15.0	1.0 tbsp	0.126
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	251.0	1.0 cup (1 serving)	0.126
19199	Puddings, tapioca, dry mix, prepared with whole milk	128.0	0.5 cup	0.125
21419	KFC, biscuit	49.0	1.0 biscuit	0.125
11790	Kale, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.125
11234	Kale, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.125
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	58.0	1.0 serving 1 biscuit	0.125
21248	WENDY'S, Frosty Dairy Dessert	113.0	1.0 junior 6 oz. cup	0.124
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	12.0	1.0 slice	0.124
11135	Cauliflower, raw	107.0	1.0 cup chopped (1/2" pieces)	0.124
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	210.0	1.0 cup	0.124
19005	Snacks, corn-based, extruded, cones, plain	28.35	1.0 oz	0.124
07055	Pate, liver, not specified, canned	13.0	1.0 tbsp	0.124
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	33.0	3.0 tablespoon (1 NLEA serving)	0.124
11623	Kale, scotch, cooked, boiled, drained, without salt	130.0	1.0 cup, chopped	0.124
11792	Kale, scotch, cooked, boiled, drained, with salt	130.0	1.0 cup, chopped	0.124
19021	Snacks, granola bars, soft, uncoated, peanut butter	28.0	1.0 bar (1 oz)	0.123
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	28.35	1.0 oz	0.123
18363	Tortillas, ready-to-bake or -fry, corn	28.35	1.0 oz	0.123
19208	Puddings, rice, dry mix, prepared with 2% milk	128.0	0.5 cup	0.123
11481	Squash, summer, zucchini, italian style, canned	227.0	1.0 cup	0.123
11094	Broccoli, frozen, spears, unprepared	95.0	0.33 package (10 oz)	0.123
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	240.0	1.0 cup, mashed	0.122
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	240.0	1.0 cup, mashed	0.122
09087	Dates, deglet noor	147.0	1.0 cup, chopped	0.122
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	28.35	1.0 oz	0.122
11934	Potatoes, mashed, home-prepared, whole milk and butter added	210.0	1.0 cup	0.122
19195	Puddings, rice, dry mix, prepared with whole milk	128.0	0.5 cup	0.122
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	128.0	0.5 cup	0.122
18940	Muffin, blueberry, commercially prepared, low-fat	71.0	1.0 muffin small	0.121
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	28.35	1.0 oz	0.121

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	33.0	3.0 tablespoon (1 serving)	0.121
12060	Nuts, acorn flour, full fat	28.35	1.0 oz	0.121
12099	Nuts, chestnuts, european, dried, unpeeled	28.35	1.0 oz	0.121
03098	Babyfood, vegetables, beets, strained	224.0	1.0 cup	0.121
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	92.0	0.5 cup	0.121
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	92.0	0.5 cup	0.121
05326	Chicken breast tenders, breaded, cooked, microwaved	15.0	1.0 piece	0.120
07033	Ham and cheese spread	15.0	1.0 tbsp	0.120
18237	Cream puff shell, prepared from recipe	28.35	1.0 oz	0.120
19420	Snacks, granola bars, hard, peanut butter	28.35	1.0 oz	0.120
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	28.35	1.0 oz	0.120
18232	Crackers, wheat, regular	34.0	16.0 crackers 1 serving	0.119
09205	Oranges, raw, with peel	170.0	1.0 cup	0.119
11326	Peas and onions, frozen, unprepared	69.0	0.5 cup	0.119
07072	Salami, dry or hard, pork, beef	9.8	1.0 slice	0.118
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.118
36612	DENNY'S, golden fried shrimp	16.0	1.0 piece	0.118
08580	Incaparina, dry mix (corn and soy flours), unprepared	8.9	1.0 tbsp	0.117
18043	Bread, protein (includes gluten)	28.35	1.0 oz	0.117
12077	Nuts, beechnuts, dried	28.35	1.0 oz	0.117
11297	Parsley, fresh	60.0	1.0 cup chopped	0.117
18964	Cinnamon buns, frosted (includes honey buns)	65.0	1.0 bun	0.117
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	33.0	1.25 cup (1 NLEA serving)	0.117
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	160.0	1.0 cup	0.117
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	160.0	1.0 cup	0.117
08100	Cereals, CREAM OF RICE, dry	45.0	0.25 cup (1 NLEA serving)	0.117
12143	Nuts, pecans, dry roasted, without salt added	28.35	1.0 oz	0.117
12643	Nuts, pecans, dry roasted, with salt added	28.35	1.0 oz	0.117
18927	Crackers, cheese, sandwich-type with cheese filling	39.0	6.0  cracker  1  cracker = 6.5 g	0.116
25046	Snacks, bagel chips, plain	28.35	1.0 oz	0.116
18038	Bread, oat bran, toasted	28.35	1.0 oz	0.115
25045	Formulated bar, high fiber, chewy, oats and chocolate	40.0	1.0 bar	0.115
09291	Plums, dried (prunes), uncooked	174.0	1.0 cup, pitted	0.115
43441	Rolls, pumpernickel	36.0	1.0 medium (2-1/2" dia)	0.115
10007	Pork, fresh, separable fat, cooked	28.35	1.0 oz	0.115
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	28.0	1.0 cup (1 NLEA serving)	0.115

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	61.0	0.167 loaf 1/6 of the loaf	0.115
03245	Babyfood, dessert, custard pudding, vanilla, strained	229.0	1.0 cup	0.114
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	28.0	1.0 bar (1 oz)	0.114
11128	Carrots, canned, regular pack, drained solids	146.0	1.0 cup, sliced	0.114
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	28.35	1.0 oz	0.114
18297	Pancakes, special dietary, dry mix	28.35	1.0 oz	0.113
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	28.35	1.0 oz	0.113
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	28.35	1.0 oz	0.113
11798	Mushrooms, shiitake, cooked, with salt	145.0	1.0 cup pieces	0.113
11269	Mushrooms, shiitake, cooked, without salt	145.0	1.0 cup pieces	0.113
11875	Sweet potato, cooked, baked in skin, flesh, with salt	114.0	1.0 medium (2" dia, 5" long, raw)	0.113
21415	POPEYES, biscuit	60.0	1.0 biscuit	0.113
11553	Tomato products, canned, sauce, with onions	245.0	1.0 cup	0.113
19404	Snacks, granola bars, soft, uncoated, chocolate chip	43.0	1.0 bar (1.5 oz)	0.113
11705	Asparagus, cooked, boiled, drained, with salt	90.0	0.5 cup	0.112
11012	Asparagus, cooked, boiled, drained	90.0	0.5 cup	0.112
11674	Potatoes, baked, flesh and skin, without salt	148.0	1.0 NLEA serving	0.112
11569	Turnip greens, cooked, boiled, drained, without salt	144.0	1.0 cup, chopped	0.112
11891	Turnip greens, cooked, boiled, drained, with salt	144.0	1.0 cup, chopped	0.112
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	80.0	0.5 cup	0.112
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	91.0	0.5 cup	0.112
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	91.0	0.5 cup	0.112
19321	Puddings, banana, dry mix, regular, prepared with whole milk	127.0	0.5 cup	0.112
09259	Pears, dried, sulfured, uncooked	180.0	1.0 cup, halves	0.112
19038	Snacks, popcorn, caramel-coated, with peanuts	28.35	1.0 oz (approx 2/3 cup)	0.111
11374	Potatoes, canned, solids and liquids	300.0	1.0 cup, whole	0.111
25037	Snacks, pita chips, salted	28.35	1.0 oz	0.111
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	28.35	1.0 oz	0.111
18028	Bread, egg, toasted	28.35	1.0 oz	0.111
19820	Snacks, sesame sticks, wheat-based, unsalted	28.35	1.0 oz	0.110
18081	Bread stuffing, bread, dry mix	28.35	1.0 oz	0.110
19418	Snacks, sesame sticks, wheat-based, salted	28.35	1.0 oz	0.110
11163	Collards, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.110
18235	Crackers, whole-wheat	28.0	1.0 serving	0.110
11649	Tomato products, canned, sauce, spanish style	244.0	1.0 cup	0.110
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	28.35	1.0 oz	0.110

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
16429	Tofu, fried, prepared with calcium sulfate	13.0	1.0 piece	0.109
11645	Sweet potato, canned, syrup pack, solids and liquids	228.0	1.0 cup	0.109
01053	Cream, fluid, heavy whipping	120.0	1.0 cup, whipped	0.109
18385	Bread, wheat germ, toasted	28.35	1.0 oz	0.109
18261	English muffins, mixed-grain, toasted (includes granola)	28.35	1.0 oz	0.109
11570	Turnip greens, canned, solids and liquids	117.0	0.5 cup	0.109
11809	Peas, edible-podded, cooked, boiled, drained, with salt	160.0	1.0 cup	0.109
11301	Peas, edible-podded, boiled, drained, without salt	160.0	1.0 cup	0.109
11723	Beans, snap, green, cooked, boiled, drained, with salt	125.0	1.0 cup	0.109
11053	Beans, snap, green, cooked, boiled, drained, without salt	125.0	1.0 cup	0.109
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	125.0	1.0 cup	0.109
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	125.0	1.0 cup	0.109
18270	Hush puppies, prepared from recipe	28.35	1.0 oz	0.109
05327	Chicken breast tenders, breaded, uncooked	15.0	1.0 piece	0.108
07069	Salami, cooked, beef and pork	12.3	1.0 slice round	0.108
11398	Potato puffs, frozen, unprepared	120.0	1.0 cup	0.108
11322	Peas and carrots, frozen, unprepared	70.0	0.5 cup	0.108
18267	English muffins, whole-wheat, toasted	28.35	1.0 oz	0.108
11028	Bamboo shoots, canned, drained solids	131.0	1.0 cup (1/8" slices)	0.107
18201	Cookies, peanut butter sandwich, special dietary	28.35	1.0 oz	0.107
10105	Pork, fresh, variety meats and by-products, jowl, raw	28.35	1.0 oz	0.107
17284	Lamb, Australian, imported, fresh, separable fat, raw	28.35	1.0 oz	0.107
20097	Pasta, homemade, made with egg, cooked	57.0	2.0 oz	0.107
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	30.0	0.75 cup ( 1 NLEA serving)	0.106
18950	Crackers, wheat, reduced fat	29.0	1.0 serving	0.106
19393	Frozen yogurts, chocolate, soft-serve	72.0	0.5 cup (4 fl oz)	0.106
07065	Pork and beef sausage, fresh, cooked	13.0	1.0 link (raw dimensions: 4" long x 7/8" dia), cooked	0.106
01157	Cheese, goat, semisoft type	28.35	1.0 oz	0.105
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.105
19319	Puddings, banana, dry mix, instant, prepared with whole milk	127.0	0.5 cup	0.105
09021	Apricots, raw	155.0	1.0 cup, halves	0.105
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	49.0	1.0 tortilla	0.105
18036	Bread, multi-grain, toasted (includes whole-grain)	28.35	1.0 oz	0.105
18050	Bread, reduced-calorie, oat bran, toasted	28.35	1.0 oz	0.105
18185	Cookies, peanut butter, commercially prepared, regular	28.35	1.0 oz	0.105
18037	Bread, oat bran	28.35	1.0 oz	0.105

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	28.35	1.0 oz	0.105
19016	Snacks, granola bars, hard, almond	28.35	1.0 oz	0.105
19074	Candies, caramels	71.0	1.0 package (2.5 oz)	0.104
01095	Milk, canned, condensed, sweetened	38.2	1.0 fl oz	0.104
19406	Snacks, granola bars, soft, uncoated, nut and raisin	28.0	1.0 bar (1 oz)	0.104
07083	Sausage, Vienna, canned, chicken, beef, pork	16.0	1.0 sausage (7/8" dia x 2" long)	0.104
11013	Asparagus, canned, regular pack, solids and liquids	122.0	0.5 cup	0.104
11707	Asparagus, canned, no salt added, solids and liquids	122.0	0.5 cup	0.104
18344	Rolls, dinner, egg	28.35	1.0 oz	0.103
03682	Babyfood, cereal, high protein, prepared with whole milk	28.35	1.0 oz	0.103
11043	Mung beans, mature seeds, sprouted, raw	104.0	1.0 cup	0.103
11259	Mountain yam, hawaii, cooked, steamed, without salt	145.0	1.0 cup, cubes	0.103
11927	Mountain yam, hawaii, cooked, steamed, with salt	145.0	1.0 cup, cubes	0.103
11559	Tomato products, canned, sauce, with tomato tidbits	244.0	1.0 cup	0.102
11507	Sweet potato, raw, unprepared	133.0	1.0 cup, cubes	0.102
18030	Bread, french or vienna, toasted (includes sourdough)	28.35	1.0 oz	0.102
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	119.0	1.0 cup, shredded	0.102
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	119.0	1.0 cup, shredded	0.102
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	7.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.102
11131	Carrots, frozen, cooked, boiled, drained, without salt	146.0	1.0 cup, sliced	0.102
11760	Carrots, frozen, cooked, boiled, drained, with salt	146.0	1.0 cup slices	0.102
19020	Snacks, granola bars, soft, uncoated, plain	28.0	1.0 bar (1 oz)	0.102
06068	Soup, vegetarian vegetable, canned, condensed	126.0	0.5 cup	0.102
20096	Pasta, fresh-refrigerated, spinach, cooked	57.0	2.0 oz	0.102
17092	Veal, composite of trimmed retail cuts, separable fat, raw	28.35	1.0 oz	0.101
18384	Bread, rice bran, toasted	28.35	1.0 oz	0.101
18040	Bread, oatmeal, toasted	28.35	1.0 oz	0.101
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	28.35	1.0 oz	0.101
18280	Muffins, corn, dry mix, prepared	28.35	1.0 oz	0.101
18027	Bread, egg	28.35	1.0 oz	0.101
19017	Snacks, granola bars, hard, chocolate chip	28.35	1.0 oz	0.101
18045	Bread, pumpernickel, toasted	28.35	1.0 oz	0.101
09062	Cherimoya, raw	160.0	1.0 cup, pieces	0.101
09201	Oranges, raw, California, valencias	180.0	1.0 cup sections, without membranes	0.101
11549	Tomato products, canned, sauce	245.0	1.0 cup	0.100
11730	Beans, snap, yellow, frozen, all styles, unprepared	121.0	1.0 cup	0.100

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11060	Beans, snap, green, frozen, all styles, unprepared	121.0	1.0 cup	0.100
18260	English muffins, mixed-grain (includes granola)	28.35	1.0 oz	0.100
18003	Bagels, egg	28.35	1.0 oz	0.100
11965	Cauliflower, green, raw	64.0	1.0 cup	0.100
11968	Cauliflower, green, cooked, with salt	62.0	0.5 cup (1" pieces)	0.100
12108	Nuts, coconut meat, dried (desiccated), not sweetened	28.35	1.0 oz	0.100
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	58.0	1.0 biscuit	0.100
18007	Bagels, oat bran	26.0	1.0 mini bagel (2-1/2" dia)	0.099
18266	English muffins, whole-wheat	28.35	1.0 oz	0.099
12058	Nuts, acorns, raw	28.35	1.0 oz	0.099
18134	Cake, sponge, prepared from recipe	28.35	1.0 oz	0.099
07053	Pate, chicken liver, canned	13.0	1.0 tbsp	0.099
28348	Rolls, dinner, sweet	30.0	1.0 roll	0.099
18265	English muffins, wheat, toasted	28.35	1.0 oz	0.099
18141	Cake, yellow, commercially prepared, with vanilla frosting	67.0	1.0 serving	0.098
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18188	Cookies, peanut butter, refrigerated dough, baked	28.35	1.0 oz	0.098
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	28.35	1.0 oz	0.098
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.098
18189	Cookies, peanut butter, prepared from recipe	28.35	1.0 oz	0.098
09033	Apricots, dried, sulfured, stewed, without added sugar	250.0	1.0 cup, halves	0.098
11489	Squash, winter, hubbard, raw	116.0	1.0 cup, cubes	0.097
16138	Falafel, home-prepared	17.0	1.0 patty (approx 2-1/4" dia)	0.097
18932	Waffles, buttermilk, frozen, ready-to-heat	39.0	1.0 waffle, square	0.097
18351	Rolls, hamburger or hotdog, mixed-grain	28.35	1.0 oz	0.097
18944	Pie, Dutch Apple, Commercially Prepared	131.0	0.125 pie 1 pie (1/8 of 9" pie)	0.097
18190	Cookies, peanut butter sandwich, regular	28.35	1.0 oz	0.097
28397	Bread, multi-grain (includes whole-grain)	28.35	1.0 oz	0.097
19015	Snacks, granola bars, hard, plain	21.0	1.0 bar	0.097
16124	Soy sauce made from soy (tamari)	18.0	1.0 tbsp	0.096
19047	Snacks, pretzels, hard, plain, salted	28.35	1.0 oz	0.096
11483	Squash, winter, acorn, cooked, baked, without salt	205.0	1.0 cup, cubes	0.096
11864	Squash, winter, acorn, cooked, baked, with salt	205.0	1.0 cup, cubes	0.096
03049	Babyfood, dinner, beef and rice, toddler	28.35	1.0 oz	0.096
18345	Rolls, dinner, oat bran	28.35	1.0 oz	0.096

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	28.0	1.0 roll (1 oz)	0.096
01114	Whey, sweet, fluid	246.0	1.0 cup	0.096
22955	Egg rolls, vegetable, frozen, prepared	68.0	1.0 egg roll	0.096
18241	Croissants, cheese	28.35	1.0 oz	0.096
18283	Muffins, oat bran	28.35	1.0 oz	0.096
09148	Kiwifruit, green, raw	180.0	1.0 cup, sliced	0.095
12220	Seeds, flaxseed	10.3	1.0 tbsp, whole	0.095
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	28.35	1.0 oz	0.095
12001	Seeds, breadfruit seeds, raw	28.35	1.0 oz	0.095
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	28.35	1.0 oz	0.095
18963	Garlic bread, frozen	43.0	1.0 slice presliced	0.095
09238	Peaches, canned, juice pack, solids and liquids	250.0	1.0 cup	0.095
12100	Nuts, chestnuts, european, dried, peeled	28.35	1.0 oz	0.095
18269	French toast, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.095
18078	Bread, whole-wheat, prepared from recipe, toasted	28.35	1.0 oz	0.095
11090	Broccoli, raw	91.0	1.0 cup chopped	0.095
11601	Yam, raw	150.0	1.0 cup, cubes	0.094
11622	Kale, scotch, raw	67.0	1.0 cup, chopped	0.094
03052	Babyfood, dinner, beef stew, toddler	28.35	1.0 oz	0.094
18374	Leavening agents, yeast, baker's, compressed	17.0	1.0 cake (0.6 oz)	0.094
18353	Rolls, hard (includes kaiser)	28.35	1.0 oz	0.094
09060	Carambola, (starfruit), raw	132.0	1.0 cup, cubes	0.094
19403	Snacks, crisped rice bar, almond	28.0	1.0 bar (1 oz)	0.093
06001	Soup, cream of asparagus, canned, condensed	126.0	0.5 cup (4 fl oz)	0.093
18061	Bread, rye, toasted	28.35	1.0 oz	0.093
18039	Bread, oatmeal	28.35	1.0 oz	0.093
18059	Bread, rice bran	28.35	1.0 oz	0.093
19293	Frozen yogurts, vanilla, soft-serve	72.0	0.5 cup	0.093
18375	Leavening agents, yeast, baker's, active dry	4.0	1.0 tsp	0.093
06401	Soup, cream of asparagus, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.093
19043	Snacks, potato chips, sour-cream-and-onion-flavor	28.35	1.0 oz	0.093
01130	Egg, whole, cooked, omelet	15.0	1.0 tbsp	0.093
07067	Poultry salad sandwich spread	13.0	1.0 tbsp	0.093
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.093
09250	Peaches, frozen, sliced, sweetened	250.0	1.0 cup, thawed	0.092
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	28.0	1.0 slice	0.092

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	28.0	1.0 slice	0.092
09334	Feijoa, raw	243.0	1.0 cup, pureed	0.092
18239	Croissants, butter	28.35	1.0 oz	0.092
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	28.35	1.0 oz	0.092
01021	Cheese, gjetost	28.35	1.0 oz	0.092
11062	Beans, snap, green, frozen, all styles, microwaved	111.0	1.0 cup	0.092
11890	Turnips, frozen, cooked, boiled, drained, with salt	156.0	1.0 cup	0.092
11567	Turnips, frozen, cooked, boiled, drained, without salt	156.0	1.0 cup	0.092
12094	Nuts, chestnuts, chinese, dried	28.35	1.0 oz	0.092
18447	Popovers, dry mix, unenriched	28.35	1.0 oz	0.092
18339	Popovers, dry mix, enriched	28.35	1.0 oz	0.092
18044	Bread, pumpernickel	28.35	1.0 oz	0.092
03100	Babyfood, vegetables, carrots, junior	224.0	1.0 cup	0.092
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	135.0	1.0 cup	0.092
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.092
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	135.0	1.0 cup	0.092
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	135.0	1.0 cup	0.092
16424	Soy sauce made from soy and wheat (shoyu), low sodium	14.2	1.0 tbsp	0.092
11115	Cabbage, savoy, cooked, boiled, drained, without salt	145.0	1.0 cup, shredded	0.091
11753	Cabbage, savoy, cooked, boiled, drained, with salt	145.0	1.0 cup, shredded	0.091
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	80.0	1.0 cup	0.091
18292	Pancakes, plain, dry mix, incomplete, prepared	28.35	1.0 oz	0.091
18264	English muffins, wheat	28.35	1.0 oz	0.091
18053	Bread, reduced-calorie, rye	28.35	1.0 oz	0.091
43217	Tomato sauce, canned, no salt added	245.0	1.0 cup	0.091
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	124.0	1.0 cup	0.091
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	124.0	1.0 cup	0.091
01159	Cheese, goat, soft type	28.35	1.0 oz	0.090
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	28.35	1.0 oz	0.090
09200	Oranges, raw, all commercial varieties	180.0	1.0 cup, sections	0.090
09040	Bananas, raw	225.0	1.0 cup, mashed	0.090
01052	Cream, fluid, light whipping	120.0	1.0 cup, whipped	0.090
19116	Candies, marshmallows	50.0	1.0 cup of miniature	0.090
03099	Babyfood, vegetables, carrots, strained	224.0	1.0 cup	0.090
18187	Cookies, peanut butter, refrigerated dough	28.35	1.0 oz	0.089
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	28.35	1.0 oz, crunchy (about 21 pieces)	0.089

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11091	Broccoli, cooked, boiled, drained, without salt	78.0	0.5 cup, chopped	0.089
11742	Broccoli, cooked, boiled, drained, with salt	78.0	0.5 cup, chopped	0.089
11054	Beans, snap, green, canned, regular pack, solids and liquids	240.0	1.0 cup	0.089
12119	Nuts, coconut water (liquid from coconuts)	240.0	1.0 cup	0.089
11758	Carrots, canned, no salt added, solids and liquids	123.0	0.5 cup slices	0.089
18049	Bread, reduced-calorie, oat bran	28.35	1.0 oz	0.088
18066	Bread, wheat bran	28.35	1.0 oz	0.088
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.088
11018	Asparagus, frozen, unprepared	58.0	4.0 spears	0.088
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	25.0	1.0 serving (3.5 oz)	0.088
18348	Rolls, dinner, whole-wheat	28.0	1.0 roll (1 oz)	0.088
08168	Cereals, CREAM OF RICE, cooked with water, with salt	244.0	1.0 cup	0.088
08101	Cereals, CREAM OF RICE, cooked with water, without salt	244.0	1.0 cup	0.088
11546	Tomato products, canned, paste, without salt added	66.0	0.25 cup	0.088
01186	Cheese, cream, fat free	18.0	1.0 tbsp	0.087
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	28.0	1.0 bar (1 oz)	0.087
18070	Bread, white, commercially prepared, toasted	28.35	1.0 oz	0.087
18377	Cookies, oatmeal, prepared from recipe, without raisins	28.35	1.0 oz	0.087
18432	Bread, white, commercially prepared, toasted, low sodium no salt	28.35	1.0 oz	0.087
11224	Hyacinth-beans, immature seeds, raw	80.0	1.0 cup	0.087
18368	Wonton wrappers (includes egg roll wrappers)	28.35	1.0 oz	0.087
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	35.0	1.0 bar	0.087
18086	Cake, angelfood, commercially prepared	28.0	1.0 piece (1/12 of 12 oz cake)	0.087
11993	Mushrooms, maitake, raw	70.0	1.0 cup diced	0.087
18025	Bread, cracked-wheat	28.35	1.0 oz	0.087
11295	Onion rings, breaded, par fried, frozen, unprepared	85.0	6.0 rings	0.087
18005	Bagels, cinnamon-raisin	26.0	1.0 mini bagel (2-1/2" dia)	0.087
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	35.0	1.0 bar	0.086
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.086
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.086
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.086
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	180.0	1.0 cup slices	0.086
11712	Bamboo shoots, cooked, boiled, drained, with salt	120.0	1.0 cup (1/2" slices)	0.086
11027	Bamboo shoots, cooked, boiled, drained, without salt	120.0	1.0 cup (1/2" slices)	0.086
05353	USDA Commodity, chicken fajita strips, frozen	9.4	1.0 strip	0.086
19812				

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18077	Bread, whole-wheat, prepared from recipe	28.35	1.0 oz	0.086
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	28.35	1.0 oz	0.086
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	28.35	1.0 oz	0.086
05282	Pate de foie gras, canned (goose liver pate), smoked	13.0	1.0 tbsp	0.086
07054	Pate, goose liver, smoked, canned	13.0	1.0 tbsp	0.086
18224	Crackers, rusk toast	14.2	0.5 oz	0.086
18006	Bagels, cinnamon-raisin, toasted	24.0	1.0 mini bagel (2-1/2" dia)	0.086
18413	Bread, pita, white, unenriched	28.35	1.0 oz	0.086
18349	Rolls, french	28.35	1.0 oz	0.086
11214	Escarole, cooked, boiled, drained, no salt added	150.0	1.0 cup	0.086
18367	Waffles, plain, prepared from recipe	28.35	1.0 oz	0.085
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	98.0	1.0 cup, chopped	0.085
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	98.0	1.0 cup, chopped	0.085
09022	Apricots, canned, water pack, with skin, solids and liquids	243.0	1.0 cup, halves	0.085
16112	Miso	17.0	1.0 tbsp	0.085
18060	Bread, rye	28.35	1.0 oz	0.085
19421	Snacks, potato chips, cheese-flavor	28.35	1.0 oz	0.085
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	76.0	10.0 fries	0.084
18268	French toast, frozen, ready-to-heat	28.35	1.0 oz	0.084
11052	Beans, snap, green, raw	100.0	1.0 cup 1/2" pieces	0.084
19109	Candies, KIT KAT Wafer Bar	42.0	1.0 bar (1.5 oz)	0.084
11722	Beans, snap, yellow, raw	100.0	1.0 cup 1/2" pieces	0.084
18240	Croissants, apple	28.35	1.0 oz	0.084
11740	Broccoli, flower clusters, raw	71.0	1.0 cup flowerets	0.084
01164	Cheese sauce, prepared from recipe	30.0	2.0 tbsp	0.084
11426	Pumpkin pie mix, canned	270.0	1.0 cup	0.084
11487	Squash, winter, butternut, frozen, unprepared	113.0	0.33 package (12 oz)	0.084
11302	Peas, edible-podded, frozen, unprepared	144.0	1.0 cup	0.084
18965	Crackers, cheese, reduced fat	30.0	1.0 serving	0.083
18057	Bread, reduced-calorie, white	28.35	1.0 oz	0.083
11897	Yam, cooked, boiled, drained, or baked, with salt	136.0	1.0 cup, cubes	0.083
11602	Yam, cooked, boiled, drained, or baked, without salt	136.0	1.0 cup, cubes	0.083
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	31.9	1.0 fl oz	0.083
18184	Cookies, oatmeal, prepared from recipe, with raisins	28.35	1.0 oz	0.083
18245	Danish pastry, cheese	28.35	1.0 oz	0.083
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	48.0	1.0 cup	0.083

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09035	Apricots, frozen, sweetened	242.0	1.0 cup	0.082
18048	Bread, raisin, enriched, toasted	28.35	1.0 oz	0.082
09219	Tangerines, (mandarin oranges), canned, juice pack	249.0	1.0 cup	0.082
11291	Onions, spring or scallions (includes tops and bulb), raw	100.0	1.0 cup, chopped	0.082
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	28.35	1.0 oz	0.082
11475	Squash, summer, scallop, raw	130.0	1.0 cup slices	0.082
11080	Beets, raw	136.0	1.0 cup	0.082
09261	Pears, dried, sulfured, stewed, with added sugar	280.0	1.0 cup, halves	0.081
01112	Whey, acid, fluid	246.0	1.0 cup	0.081
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	48.0	1.0 tortilla	0.081
11932	Beans, snap, yellow, canned, regular pack, drained solids	153.0	1.0 cup	0.081
11933	Beans, snap, yellow, canned, no salt added, drained solids	153.0	1.0 cup	0.081
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	89.0	10.0 strip	0.081
11978	Peppers, ancho, dried	17.0	1.0 pepper	0.081
18279	Muffins, corn, commercially prepared	28.35	1.0 oz	0.081
18183	Cookies, oatmeal, refrigerated dough, baked	28.35	1.0 oz	0.081
18033	Bread, italian	28.35	1.0 oz	0.081
07031	Ham salad spread	15.0	1.0 tbsp	0.080
18347	Rolls, dinner, wheat	28.0	1.0 roll (1 oz)	0.080
01031	Cheese, neufchatel	28.35	1.0 oz	0.080
10165	Pork, cured, salt pork, raw	28.35	1.0 oz	0.080
12158	Seeds, breadfruit seeds, roasted	28.35	1.0 oz	0.080
18284	Muffins, wheat bran, dry mix	28.35	1.0 oz	0.080
18236	Cracker meal	28.35	1.0 oz	0.080
19095	Ice creams, vanilla	66.0	1.0 serving 1/2 cup	0.080
11283	Onions, cooked, boiled, drained, without salt	210.0	1.0 cup	0.080
11805	Onions, cooked, boiled, drained, with salt	210.0	1.0 cup	0.080
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	28.35	1.0 oz	0.080
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	28.35	1.0 oz	0.080
18416	Bread, white, commercially prepared, low sodium, no salt	28.35	1.0 oz	0.080
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	28.35	1.0 oz	0.080
03014	Babyfood, meat, chicken sticks, junior	10.0	1.0 stick	0.079
03119	Babyfood, vegetables, corn, creamed, strained	113.0	1.0 jar	0.079
11964	Nopales, cooked, without salt	149.0	1.0 cup	0.079
18180	Cookies, oatmeal, dry mix	28.35	1.0 oz	0.079
03021	Babyfood, meat, meat sticks, junior	10.0	1.0 stick	0.078

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11134	Cassava, raw	206.0	1.0 cup	0.078
28290	Cookie, with peanut butter filling, chocolate-coated	25.0	2.0 cookies	0.078
11399	Potato puffs, frozen, oven-heated	79.0	10.0 puffs	0.078
11477	Squash, summer, zucchini, includes skin, raw	124.0	1.0 cup, chopped	0.078
19244	Frostings, vanilla, creamy, dry mix	411.0	1.0 package	0.078
11729	Beans, snap, green, canned, no salt added, drained solids	153.0	1.0 cup	0.078
18179	Cookies, oatmeal, commercially prepared, soft-type	28.35	1.0 oz	0.078
11866	Squash, winter, butternut, cooked, baked, with salt	205.0	1.0 cup, cubes	0.078
11486	Squash, winter, butternut, cooked, baked, without salt	205.0	1.0 cup, cubes	0.078
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	82.0	10.0 strip	0.078
18971	Bread, potato	32.0	1.0 slice	0.078
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	35.0	1.0 bar (1.25 oz)	0.078
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	28.35	1.0 oz	0.078
18430	Danish pastry, cinnamon, unenriched	28.35	1.0 oz	0.078
18244	Danish pastry, cinnamon, enriched	28.35	1.0 oz	0.078
18051	Bread, reduced-calorie, oatmeal	28.35	1.0 oz	0.078
11376	Potatoes, canned, drained solids	180.0	1.0 cup	0.077
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	28.0	1.0 oz	0.077
09023	Apricots, canned, water pack, without skin, solids and liquids	227.0	1.0 cup, whole, without pits	0.077
21249	BURGER KING, french fries	74.0	1.0 small serving	0.077
11555	Tomato products, canned, sauce, with herbs and cheese	122.0	0.5 cup	0.077
12114	Nuts, coconut meat, dried (desiccated), toasted	28.35	1.0 oz	0.077
12004	Seeds, breadnut tree seeds, raw	28.35	1.0 oz (8-14 seeds)	0.077
18154	Cookies, brownies, prepared from recipe	28.35	1.0 oz	0.077
12177	Nuts, coconut meat, dried (desiccated), creamed	28.35	1.0 oz	0.077
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	240.0	1.0 cup	0.077
11531	Tomatoes, red, ripe, canned, packed in tomato juice	240.0	1.0 cup	0.077
09260	Pears, dried, sulfured, stewed, without added sugar	255.0	1.0 cup, halves	0.076
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	28.35	1.0 oz	0.076
11605	Beets, harvard, canned, solids and liquids	246.0	1.0 cup slices	0.076
11951	Peppers, sweet, yellow, raw	186.0	1.0 pepper, large (3-3/4" long, 3" dia)	0.076
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	28.35	1.0 oz	0.076
18403	Waffles, plain, frozen, ready -to-heat, toasted	28.35	1.0 oz	0.076
11424	Pumpkin, canned, without salt	245.0	1.0 cup	0.076
11846	Pumpkin, canned, with salt	245.0	1.0 cup	0.076
11518	Taro, raw	104.0	1.0 cup, sliced	0.076

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11644	Squash, winter, all varieties, cooked, baked, without salt	205.0	1.0 cup, cubes	0.076
11863	Squash, winter, all varieties, cooked, baked, with salt	205.0	1.0 cup, cubes	0.076
18047	Bread, raisin, enriched	28.35	1.0 oz	0.076
18355	Sweet rolls, cheese	28.35	1.0 oz	0.076
18414	Bread, raisin, unenriched	28.35	1.0 oz	0.076
12204	Nuts, chestnuts, japanese, roasted	28.35	1.0 oz	0.076
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.076
09024	Apricots, canned, juice pack, with skin, solids and liquids	244.0	1.0 cup, halves	0.076
12588	Nuts, cashew butter, plain, with salt added	16.0	1.0 tbsp	0.076
09277	Plantains, raw	148.0	1.0 cup, sliced	0.075
03043	Babyfood, dinner, beef lasagna, toddler	28.35	1.0 oz	0.075
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	28.35	1.0 oz	0.075
09184	Melons, honeydew, raw	170.0	1.0 cup, diced (approx 20 pieces per cup)	0.075
18156	Cookies, fudge, cake-type (includes trolley cakes)	28.35	1.0 oz	0.075
11390	Potatoes, hash brown, frozen, plain, unprepared	105.0	0.5 cup	0.075
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	29.0	1.0 cup (1 NLEA serving)	0.075
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	11.0	1.0 cup	0.074
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	11.0	1.0 cup	0.074
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	247.0	1.0 cup, halves	0.074
01153	Milk, canned, evaporated, with added vitamin A	31.5	1.0 fl oz	0.074
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	31.5	1.0 fl oz	0.074
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	28.0	1.0 cup (1 NLEA serving)	0.074
11735	Beets, canned, no salt added, solids and liquids	246.0	1.0 cup	0.074
11082	Beets, canned, regular pack, solids and liquids	246.0	1.0 cup	0.074
03190	Babyfood, cereal, oatmeal, with bananas, dry	15.0	1.0 serving	0.074
19010	Snacks, crisped rice bar, chocolate chip	28.0	1.0 bar (1 oz)	0.074
11578	Vegetable juice cocktail, canned	253.0	1.0 cup	0.073
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	262.0	1.0 cup, halves or slices	0.073
18390	Pancakes, buttermilk, prepared from recipe	28.35	1.0 oz	0.073
11278	Okra, raw	100.0	1.0 cup	0.073
20098	Pasta, homemade, made without egg, cooked	57.0	2.0 oz	0.073
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	31.0	0.75 cup (1 NLEA serving)	0.073
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	250.0	1.0 cup	0.072
27000	Soup, egg drop, Chinese restaurant	241.0	1.0 cup	0.072
18182	Cookies, oatmeal, refrigerated dough	28.35	1.0 oz	0.072
18178	Cookies, oatmeal, commercially prepared, regular	28.35	1.0 oz	0.072

1810 I         Coffeedake, choses         23.35         1.0 oz         0.072           0806 Stacks, poptorm, air-popped (Unabled)         8.0         1.0 oz         0.0072           1884 Touritos, Rod, proc. crokal, will sail         200         1.0 cup         0.0072           1887 Touritos, Rod, proc. crokal         200         1.0 cup         0.0072           1897 Touritos, Rod, proc. crokal         200         1.0 cup         0.0072           1897 Touritos, Rod, proc. crokal         25.0         1.0 cup         0.0072           1897 Touritos, Rod, proc. crokal         25.0         1.0 cup         0.0072           1897 Touritos, Rod, proc. crokal         25.0         1.0 cup         0.0072           1897 Touritos, crokal         25.0         1.0 cup         0.0072           1897 Touritos, crokal         25.0         1.0 cup         0.0072           1817 Touritos, crokal         25.0         1.0 cup         0.0072           1817 Touritos, crokal         25.0         1.0 cup         0.0072           1817 Touritos, crokal         25.1         1.0 cup         0.0071           1814 Touritos, crokal         25.1         1.0 cup         0.0071           1814 Touritos, crokal         25.1         1.0 cup         0.0071 </th <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Alanine(g) Per Measure</th>	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19014         Sacks, purpown, air propped         80         1.0 cmp         0.072           11884         Tonntoes, ref., rigs, cooked, with sail         200         1.0 cmp         0.072           18971         Bread, white, perpased from restge, made with monfat day milk         28.13         1.0 cmp         0.072           18972         Blacherins, cannot, heavy strap, solids and liquids         28.35         1.0 cmp         0.072           18147         Oke, ceacube commercially prepared         28.35         1.0 cmp         0.071           18147         Oke, ceacube connectedily prepared         28.35         1.0 cmp         0.071           18447         Ceces cand, commercially prepared         28.35         1.0 cmp         0.071           18447         Ceces cand, commercially prepared         28.35         1.0 cmp         0.071           18451         Ceces pound, commercially prepared, fietfeer         28.35         1.0 cmp         0.071           18451         Ceces pound, commercially prepared, fietfeer         28.35         1.0 cmp         0.071           18451         Ceces pound, commercially prepared, fietfeer         28.35         1.0 cmp         0.071           18471         Secondary fierre, cannot, leavey yeeps, peek, solids and liquids         25.10         0.071	18103	Coffeecake, cheese	28.35	1.0 oz	0.072
1884         Tomatoes, red, ripe, cocked, with sail         2400         10 cup         0.072           11570         Tomatoes, red, ripe, cocked         2400         1.0 cup         0.072           18707         Bread, white, perganel form recipe, made with monfal styr milk         28.35         \$ 1.0 cup         0.072           0052         Blocherries, canned, beary syrup, solids and liquids         28.0         \$ 1.0 cup         0.072           11231         Juz, pothelb, row         28.35         \$ 1.0 cup         0.071           1847         Checcade commercially prepared         28.35         \$ 1.0 cu         0.071           18404         Cercular condy-to-cut, KILLOGG, KELLOGG, KE	19806	Snacks, popcorn, air-popped (Unsalted)	8.0	1.0 cup	0.072
11530         Tomatoes, red. ripe, cooleed         2400         1.0 cup         0.072           18071         Red., white, pepared from recipe, made with nonfard yn milk         28.56         1.0 cup         0.072           18231         Jane, pothechr, sow         25.60         1.0 cup         0.072           18247         Cresscale commercially prepared         28.55         1.0 cup         0.071           18447         Creats ready-to-cet, KELLOGG, KELLOGGS COCOA KRISPHES         31.0         0.75 cup (1 NLEA serving)         0.071           18451         Cake, pound, commercially prepared, fire-free         28.35         1.0 cu         0.071           18451         Cake, pound, commercially prepared, fire-free         28.35         1.0 cu         0.071           18451         Cake, pound, commercially prepared, fire-free         28.35         1.0 cu         0.071           18451         Cake, pound, commercially prepared, fire-free         28.35         1.0 cu         0.071           18413         Septible juice coekint, low sedim, canned         28.45         1.0 cu         0.071           18413         Receible juice coekint, low sedim, canned         28.35         1.0 cu         0.071           18414         Assentise, plain in huternill, refrigerated dough, lower fat, baked         28.20	19034	Snacks, popcorn, air-popped	8.0	1.0 cup	0.072
18071         Bread, white, prepared from recipe, made with nonfarl dry milk         28.35         1.0 cm         0.072           09052         Bloeberries, canned, heavy syrup, solids and liquids         256.0         1.0 cm         0.072           18147         Cheescake commercially prepared         28.35         1.0 cm         0.007           19046         Snacks, potato chips, made from dried potatoes, sour-cream and onto-flavor         28.35         1.0 cm         0.007           18447         Cheescake commercially prepared, fletfere         28.35         1.0 cm         0.007           18458         Cake, pound, commercially prepared, fletfere         28.35         1.0 cm         0.007           18458         Cake, pound, commercially prepared, fletfere         28.35         1.0 cm         0.007           11585         Vegenble juice cockrail, low softim, canned         254.0         1.0 cm         0.007           11585         Vegenble juice cockrail, low softim, canned         28.51         0.0 cm         0.007           11580         Shecius, plain or butterrallk, refrigerated dough, lower fat, baked         28.55         1.0 cm         0.007           19410         Gavan, strawberry, row         116.0         1.0 cm         1.0 cm         0.007           11613         Spatish, wither, all Va	11884	Tomatoes, red, ripe, cooked, with salt	240.0	1.0 cup	0.072
9952         Blaeberries, camed, keavy syrup, solids and liquids         2560         1.0 cup         0.072           1231         Juse, potherb, raw         28.5         1.0 cup         0.072           1847         Cheescake, commercially prepared         28.35         1.0 cup         0.071           1904         Snacks, potato chips, made from dried potatoes, soar-cream and onion-flavor         28.35         1.0 cup         0.071           9040         Ceccale ready-to-cat, RELL DGGS COCOA KRISPIES         31.0         0.75 cup (1 NLBA serving)         0.071           1845         Cake, pound, countercially prepared, flist-free         28.35         1.0 cup         0.071           1845         Cake, pound, countercially prepared, flist-free         28.35         1.0 cup         0.071           1845         Cake, pound, countercially prepared, flist-free         28.35         1.0 cup         0.071           1853         Reach pound, countercially prepared, flist-free         28.35         1.0 cup         0.071           1816         Receptable joice cockhall, low solium, camed         28.44         1.0 cup         0.071           1803         Bisciti, plain o butternill, refrigerated dough, lower fat, haked         28.44         1.0 cup         0.071           1944         Peaches, camed, heavy syrup pack, so	11530	Tomatoes, red, ripe, cooked	240.0	1.0 cup	0.072
11231         June, potherh, raw         28.0         1.0 cup         0.072           18147         Cheeseeake commercially prepared         28.55         1.0 or         0.071           18447         Cheeseeake commercially prepared         28.55         1.0 or         0.071           18491         Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor         28.55         1.0 or         0.071           1841         Cheeseeake commercially prepared, fair-free         28.55         1.0 or         0.071           1845         Chee, pound, commercially prepared, fair-free         28.55         1.0 or         0.071           1855         Vegetable juice cockail, low socialun, canned         25.40         1.0 cup         0.071           1818         Wegetable juice cockail, low socialun, canned         28.55         1.0 cup         0.071           1818         Wegetable juice cockail, low socialun, canned         28.55         1.0 cup         0.071           1818         Wegetable juice cockail, low socialun, canned         28.35         1.0 cup         0.071           1818         Wegetable juice cockail, low socialun, canned         28.35         1.0 cup         0.071           1811         Wegetable juice cockail, circular social pair social pair social pair social pair social pair social pa	18071	Bread, white, prepared from recipe, made with nonfat dry milk	28.35	1.0 oz	0.072
INH4T         Cheesceake commercially prepared         28.35         1.0 oz         0.071           19046         Snacks, potato chips, made from dried potatoes, sour-cream and onin-flavor         28.35         1.0 oz         0.071           0804         Creats rendy-to-card, RELLOGG, KELLOGG'S COCOA KRISPIES         3.0         0.75 cup (1 NLEA serving)         0.071           1845         Cake, pound, commercially prepared, fat-free         28.35         1.0 cup         0.071           1158         Vegetable juice cocktail, low sodium, camed         254.0         1.0 cup         0.071           1937         Strawberries, canned, beavy symp pack, solids and liquids         254.0         1.0 cup         0.071           1914         Biscutis, plain or butermilk, refigerated dough, lower fat, baked         28.35         1.0 cup         0.071           1914         Quavas, strawberry, raw         116.0         1.0 cup         0.071           1163         Supsis, winter, all varieties, raw         116.0         1.0 cup         0.071           1941         Peaches, canned, heavy symp pack, solids and liquids         26.0         1.0 cup         0.071           1951         Potatoes, french fried, crinale or regular cut, sall added in processing, frozen, oven-heated         29.0         1.0 cup         0.071           1817 <td>09052</td> <td>Blueberries, canned, heavy syrup, solids and liquids</td> <td>256.0</td> <td>1.0 cup</td> <td>0.072</td>	09052	Blueberries, canned, heavy syrup, solids and liquids	256.0	1.0 cup	0.072
1996         Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor         28.35         1.0 or         0.071           08014         Cereals ready-to-eat, KELLOGG, KELLOGGS COCOA KRISPIES         3.1.0         0.75 cup (1NEA serving)         0.071           18185         Cage, pound, commercially prepared, far-free         28.35         1.0 cup         0.071           09317         Strawberries, canned, heavy symp pack, solids and liquids         25.40         1.0 cup         0.071           18013         Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked         28.35         1.0 cup         0.071           18014         Quasa, strawberry, ra         28.40         1.0 cup         0.071           18143         Quasa, strawberry, ra         1160         1.0 cup. cub         0.071           18143         Quasa, strawberry, ra         116         1.0 cup. cub         0.071           18143         Quasa, strawberry, ra         116         1.0 cup. cub         0.071           18144         Pacebes, canned, beavy syrup pack, solids and liquids         26.2         1.0 cup         0.071           18145         Quasa, strawberry, read         28.3         1.0 cup         0.071           18147         Coffeceake, cinnamon with crumb torping, commercially prepared, unerriched	11231	Jute, potherb, raw	28.0	1.0 cup	0.072
08014         Cereals ready-to-eat, KELLOGS, KELLOGS COCOA KRISPIES         310         0.75 cup (1 NLEA serving)         0.071           18451         Cake, pound, commercially prepared, fat-free         28.35         1.0 ca         0.071           11585         Vegetable juice cocktail, low sodium, canned         254.0         1.0 cup         0.071           18073         Strawberries, canned, heavy syrup pack, solids and liquids         28.35         1.0 cup         0.071           18013         Biscuits, plain or butternilk, refrigerated dough, lower fat, baked         28.35         1.0 cup         0.071           18014         Squash, witter, all varieties, raw         244.0         1.0 cup, cubes         0.071           18143         Squash, witter, all varieties, raw         116.0         1.0 cup, cubes         0.071           18149         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           18170         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           18171         Coffecake, cinamon with crumb topping, commercially prepared, unerriched         28.35         1.0 cup         0.070           18217         Ce cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070	18147	Cheesecake commercially prepared	28.35	1.0 oz	0.071
18451         Cake, pound, commercially prepared, far-free         28.35         1.0 oz         0.07           11885         Vegetable juice cacktail, low sodium, canned         2540         1.0 cup         0.071           09317         Strowberries, canned, heavy syrup pack, solids and liquids         28.35         1.0 cup         0.071           09410         Biscuits, plain or butermilk, refrigerated dough, lower fat, haked         28.35         1.0 cup         0.071           09410         Guavas, strawberry, raw         1160         1.0 cup         0.071           11643         Squash, winter, all varieties, raw         1160         1.0 cup, cup         0.071           09241         Peaches, canned, heavy syrup pack, solids and liquids         262         1.0 cup         0.071           18407         Babyfood, meat, utrkey sticks, junior         100         1.0 stick         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unerniched         28.35         1.0 cup         0.070           18410         Coffeecake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 cup         0.070           18271         Ke cream cones, cake or wafer-type         28.35         1.0 cup         0.070           19898         Ke creams, regular, lo	19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	28.35	1.0 oz	0.071
11585         Vegetable juice cocktail, low sodium, canned         2540         1.0 cup         0.071           09317         Struwberrise, canned, heavy syrup pack, solids and liquids         2540         1.0 cup         0.071           18013         Biscuits, plain or butternilk, refrigerated dough, lower fat, baked         28.35         1.0 cup         0.071           18014         Guava, struwberry, raw         24.40         1.0 cup         0.071           18143         Squash, winter, all varieties, raw         1160         1.0 cup, cubes         0.071           18241         Peaches, canned, heavy syrup pack, solids and liquids         2020         1.0 cup, cubes         0.071           18300         Potatoes, french fried, cary, solids and liquids         2020         1.0 cup, cubes         0.070           18417         Coffecake, cinnamon with crumb topping, commercially prepared, unerniched         28.35         1.0 cup         0.070           18417         Coffecake, cinnamon with crumb topping, commercially prepared, unerniched         28.35         1.0 cup         0.070           18271         Le cream cones, cake or wafer-type         28.35         1.0 cup         0.070           18272         Ce cream, Frozilar, low carbohydrate, vanilla         50         1.0 cup scians, withoutmembrane         0.070	08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	31.0	0.75 cup (1 NLEA serving)	0.071
09317         Struwberries, canned, heavy syrup pack, solids and liquids         254.0         1.0 cup         0.071           18013         Biscuits, plain or butternilk, refrigerated dough, lower fat, baked         28.35         1.0 cu         0.071           09140         Guavas, strawberry, raw         2440         1.0 cup, cubes         0.071           11643         Squash, winter, all varieties, raw         100         1.0 cup, cubes         0.071           09241         Peaches, canned, beavy syrup pack, solids and liquids         2620         1.0 cup, cubes         0.071           03017         Babyfood, meat, turkey sticks, junior         100         1.0 stick         0.070           1360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 stirp         0.070           18141         Coffeceake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 cu         0.070           18104         Coffeceake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 cu         0.070           18271         Lee cream conscale or wafer-type         28.35         1.0 cu         0.070           1988         Lee creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.07	18451	Cake, pound, commercially prepared, fat-free	28.35	1.0 oz	0.071
18013         Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked         28.35         1.0 oz         0.071           09140         Guavas, strawberry, raw         244.0         1.0 cup.         0.071           11643         Squash, winter, all varieties, raw         116.0         1.0 cup. cubes         0.071           09241         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           18160         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18104         Offeecake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 oz         0.070           18281         Ice cream cones, cake or wafer-type         28.35         1.0 oz         0.070           19898         Ice cream cones, cake or wafer-type         185.0         1.0 cup sections, without membranes         0.070           19898         Ice cream, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070 <td>11585</td> <td>Vegetable juice cocktail, low sodium, canned</td> <td>254.0</td> <td>1.0 cup</td> <td>0.071</td>	11585	Vegetable juice cocktail, low sodium, canned	254.0	1.0 cup	0.071
09140         Guavas, strawberry, raw         244.0         1.0 cup         0.071           11643         Squash, winter, all varieties, raw         116.0         1.0 cup, cubes         0.071           09241         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           03017         Babyfood, meat, turkey sticks, junior         10.0         1.0 stick         0.070           11360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           18293         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 cup sections, without membranes         0.070           19898         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 cup sictions, without membranes         0.070           19891         Sandwich spread, pork, beef         113.0         1.0 cup, sliced         0.070           19212         Nus, ginkgo nus, raw         28.35         1.0 ox         0.070	09317	Strawberries, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup	0.071
11643         Squash, winter, all varieties, raw         1160         1.0 cup, cubes         0.071           09241         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           03017         Babyfood, meat, turkey sticks, junior         10.0         1.0 stick         0.070           11360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           19203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           19808         Ice creams, regular, low carbohydrate, vanilla         88.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup sections, without membranes         0.070           107073         Sandwich spread, pork, beef         115.0         1.0 individual (3.5 fl oz)         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070 <td>18013</td> <td>Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked</td> <td>28.35</td> <td>1.0 oz</td> <td>0.071</td>	18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	28.35	1.0 oz	0.071
09241         Peaches, canned, heavy syrup pack, solids and liquids         262.0         1.0 cup         0.071           03017         Babyfood, meat, turkey sticks, junior         10.0         1.0 stick         0.070           11360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18104         Coffeecake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           18293         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           18988         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 ft oz)         0.070           18998         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 ft oz)         0.070           18998         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 ft oz)         0.070           18998         Ice creams, regular, low carbohydrate, vanilla	09140	Guavas, strawberry, raw	244.0	1.0 cup	0.071
03017         Babyfood, meat, turkey sticks, junior         10.0         1.0 stick         0.070           11360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 oz         0.070           09203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           19898         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup sections, without membranes         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 individual (3.5 fl oz)         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           12227         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18284	11643	Squash, winter, all varieties, raw	116.0	1.0 cup, cubes	0.071
11360         Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated         69.0         10.0 strip         0.070           18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18271         Lee cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           19203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           19898         Lee creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 tbsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           11137         Cauliflower, frozen, unprepared         66.0         0.5 cup (1" pieces)         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18234         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         0.070	09241	Peaches, canned, heavy syrup pack, solids and liquids	262.0	1.0 cup	0.071
18417         Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched         28.35         1.0 oz         0.070           18104         Coffeecake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           09203         Oranges, raw, Florida         185.0         1.0 individual (3.5 fl oz)         0.070           18988         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 bsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18284         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         0.070           18293         Pancakes, plain, prepared from recipe         28.35         1.0 oz         0.069           18065         Bread, w	03017	Babyfood, meat, turkey sticks, junior	10.0	1.0 stick	0.070
18104         Coffeecake, cinnamon with crumb topping, commercially prepared, enriched         28.35         1.0 oz         0.070           18271         Ice cream cones, cake or wafer-type         28.35         1.0 cup sections, without membranes         0.070           09203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           18898         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 tbsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           18273         Muffins, plain, prepared         66.0         0.5 cup (1" pieces)         0.070           18284         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 cup (1" pieces)         0.070           18293         Pancakes, plain, prepared from recipe         28.35         1.0 oz         0.069           18065         Bread, wheat, toasted         28.35         1.0 oz         0.069           18281         Muffins, corn, toaster-type         28.35 <td< td=""><td>11360</td><td>Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated</td><td>69.0</td><td>10.0 strip</td><td>0.070</td></td<>	11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	69.0	10.0 strip	0.070
18271         Ice cream cones, cake or wafer-type         28.35         1.0 oz         0.070           09203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           19898         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 tbsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           1137         Cauliflower, frozen, unprepared         66.0         0.5 cup (1" pieces)         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18234         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         0.070           18293         Pancakes, plain, prepared from recipe         28.35         1.0 oz         0.069           18065         Bread, wheat, toasted         28.35         1.0 oz         0.069           18281         Muffins, corn, toaster-type         28.35         1.0 oz         0.069 <td>18417</td> <td>Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched</td> <td>28.35</td> <td>1.0 oz</td> <td>0.070</td>	18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	28.35	1.0 oz	0.070
09203         Oranges, raw, Florida         185.0         1.0 cup sections, without membranes         0.070           19898         Lee creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 tbsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           11137         Cauliflower, frozen, unprepared         66.0         0.5 cup (1" pieces)         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18284         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         0.070           18293         Pancakes, plain, prepared from recipe         28.35         1.0 oz         0.069           18065         Bread, wheat, toasted         28.35         1.0 oz         0.069           18281         Muffins, corn, toaster-type         28.35         1.0 oz         0.069           25040         Snacks, vegetable chips, made from garden vegetables         28.35         1.0 oz	18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	28.35	1.0 oz	0.070
19898         Ice creams, regular, low carbohydrate, vanilla         58.0         1.0 individual (3.5 fl oz)         0.070           11641         Squash, summer, all varieties, raw         113.0         1.0 cup, sliced         0.070           07073         Sandwich spread, pork, beef         15.0         1.0 tbsp         0.070           12127         Nuts, ginkgo nuts, raw         28.35         1.0 oz         0.070           11137         Cauliflower, frozen, unprepared         66.0         0.5 cup (1" pieces)         0.070           18273         Muffins, plain, prepared from recipe, made with low fat (2%) milk         28.35         1.0 oz         0.070           18234         Crackers, wheat, sandwich, with peanut butter filling         14.2         0.5 oz         0.070           18293         Pancakes, plain, prepared from recipe         28.35         1.0 oz         0.069           18065         Bread, wheat, toasted         28.35         1.0 oz         0.069           18281         Muffins, corn, toaster-type         28.35         1.0 oz         0.069           25040         Snacks, vegetable chips, made from garden vegetables         28.35         1.0 oz         0.069	18271	Ice cream cones, cake or wafer-type	28.35	1.0 oz	0.070
11641       Squash, summer, all varieties, raw       113.0       1.0 cup, sliced       0.070         07073       Sandwich spread, pork, beef       15.0       1.0 tbsp       0.070         12127       Nuts, ginkgo nuts, raw       28.35       1.0 oz       0.070         11137       Cauliflower, frozen, unprepared       66.0       0.5 cup (1" pieces)       0.070         18273       Muffins, plain, prepared from recipe, made with low fat (2%) milk       28.35       1.0 oz       0.070         18294       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	09203	Oranges, raw, Florida	185.0	1.0 cup sections, without membranes	0.070
07073       Sandwich spread, pork, beef       15.0       1.0 tbsp       0.070         12127       Nuts, ginkgo nuts, raw       28.35       1.0 oz       0.070         11137       Cauliflower, frozen, unprepared       66.0       0.5 cup (1" pieces)       0.070         18273       Muffins, plain, prepared from recipe, made with low fat (2%) milk       28.35       1.0 oz       0.070         18234       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	19898	Ice creams, regular, low carbohydrate, vanilla	58.0	1.0 individual (3.5 fl oz)	0.070
12127       Nuts, ginkgo nuts, raw       28.35       1.0 oz       0.070         11137       Cauliflower, frozen, unprepared       66.0       0.5 cup (1" pieces)       0.070         18273       Muffins, plain, prepared from recipe, made with low fat (2%) milk       28.35       1.0 oz       0.070         18234       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	11641	Squash, summer, all varieties, raw	113.0	1.0 cup, sliced	0.070
11137       Cauliflower, frozen, unprepared       66.0       0.5 cup (1" pieces)       0.070         18273       Muffins, plain, prepared from recipe, made with low fat (2%) milk       28.35       1.0 oz       0.070         18234       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	07073	Sandwich spread, pork, beef	15.0	1.0 tbsp	0.070
18273       Muffins, plain, prepared from recipe, made with low fat (2%) milk       28.35       1.0 oz       0.070         18234       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	12127	Nuts, ginkgo nuts, raw	28.35	1.0 oz	0.070
18234       Crackers, wheat, sandwich, with peanut butter filling       14.2       0.5 oz       0.070         18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	11137	Cauliflower, frozen, unprepared	66.0	0.5 cup (1" pieces)	0.070
18293       Pancakes, plain, prepared from recipe       28.35       1.0 oz       0.069         18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.070
18065       Bread, wheat, toasted       28.35       1.0 oz       0.069         18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	18234	Crackers, wheat, sandwich, with peanut butter filling	14.2	0.5 oz	0.070
18281       Muffins, corn, toaster-type       28.35       1.0 oz       0.069         25040       Snacks, vegetable chips, made from garden vegetables       28.35       1.0 oz       0.069	18293	Pancakes, plain, prepared from recipe	28.35	1.0 oz	0.069
25040 Snacks, vegetable chips, made from garden vegetables 28.35 1.0 oz 0.069	18065	Bread, wheat, toasted	28.35	1.0 oz	0.069
	18281	Muffins, corn, toaster-type	28.35	1.0 oz	0.069
Tomatoes, red, ripe, canned, stewed 255.0 1.0 cup 0.069	25040	Snacks, vegetable chips, made from garden vegetables	28.35	1.0 oz	0.069
	11533	Tomatoes, red, ripe, canned, stewed	255.0	1.0 cup	0.069

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09320	Strawberries, frozen, sweetened, sliced	255.0	1.0 cup, thawed	0.069
18272	Ice cream cones, sugar, rolled-type	28.35	1.0 oz	0.069
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	245.0	1.0 cup, mashed	0.069
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	245.0	1.0 cup, mashed	0.069
01140	Egg, quail, whole, fresh, raw	9.0	1.0 egg	0.069
21140	Side dishes, potato salad	95.0	0.333 cup	0.068
18365	Waffles, plain, frozen, ready-to-heat	28.35	1.0 oz	0.068
12003	Seeds, breadfruit seeds, boiled	28.35	1.0 oz	0.068
11609	Beets, pickled, canned, solids and liquids	227.0	1.0 cup slices	0.068
25012	Snacks, sweet potato chips, unsalted	28.35	1.0 oz	0.068
09240	Peaches, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves or slices	0.068
12205	Seeds, lotus seeds, raw	28.35	1.0 oz	0.068
18011	Biscuits, plain or buttermilk, dry mix, prepared	28.35	1.0 oz	0.068
18157	Cookies, chocolate wafers	28.35	1.0 oz	0.067
18219	Crackers, matzo, whole-wheat	14.2	0.5 oz	0.067
11149	Chayote, fruit, raw	132.0	1.0 cup (1" pieces)	0.067
18215	Crackers, cheese, sandwich-type with peanut butter filling	14.2	0.5 oz	0.067
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	210.0	1.0 cup, diced	0.067
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	28.35	1.0 oz	0.067
19036	Snacks, popcorn, cakes	10.0	1.0 cake	0.067
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	258.0	1.0 cup, halves	0.067
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	5.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.067
18254	Doughnuts, yeast-leavened, with creme filling	28.35	1.0 oz	0.067
36025	CRACKER BARREL, coleslaw	167.0	1.0 serving	0.067
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	28.35	1.0 oz	0.067
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	28.35	1.0 oz	0.067
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	246.0	1.0 cup, whole, without pits	0.066
18294	Pancakes, blueberry, prepared from recipe	28.35	1.0 oz	0.066
18076	Bread, whole-wheat, commercially prepared, toasted	28.35	1.0 oz	0.066
09319	Strawberries, frozen, sweetened, whole	255.0	1.0 cup, thawed	0.066
18356	Sweet rolls, cinnamon, commercially prepared with raisins	28.35	1.0 oz	0.066
01054	Cream, whipped, cream topping, pressurized	60.0	1.0 cup	0.066
11246	Leeks, (bulb and lower leaf-portion), raw	89.0	1.0 cup	0.066
01070	Dessert topping, powdered	43.0	1.5 oz	0.066
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	253.0	1.0 cup, halves	0.066
08157	Cereals ready-to-eat, wheat, puffed, fortified	12.0	1.0 cup	0.066

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11849	Purslane, cooked, boiled, drained, with salt	115.0	1.0 cup	0.066
11428	Purslane, cooked, boiled, drained, without salt	115.0	1.0 cup	0.066
18133	Cake, sponge, commercially prepared	28.35	1.0 oz	0.065
18388	Muffins, wheat bran, toaster-type with raisins, toasted	28.35	1.0 oz	0.065
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	53.0	1.0 piece	0.065
08090	Cereals, corn grits, white, regular and quick, enriched, dry	9.7	1.0 tbsp	0.065
18338	Phyllo dough	28.35	1.0 oz	0.065
18352	Rolls, hamburger or hotdog, reduced-calorie	28.35	1.0 oz	0.065
18317	Pie, egg custard, commercially prepared	28.35	1.0 oz	0.065
11056	Beans, snap, green, canned, regular pack, drained solids	135.0	1.0 cup	0.065
18121	Cake, pound, commercially prepared, other than all butter, enriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.065
18418	Cake, pound, commercially prepared, other than all butter, unenriched	30.0	1.0 piece (1/10 of 10.6 oz cake)	0.065
18166	Cookies, chocolate sandwich, with creme filling, regular	36.0	3.0 cookie	0.065
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	258.0	1.0 cup, whole, without pits	0.064
06158	Soup, tomato bisque, canned, condensed	129.0	0.5 cup (4 fl oz)	0.064
09117	Grapefruit, raw, white, California	230.0	1.0 cup sections, with juice	0.064
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	28.35	1.0 oz	0.064
18378	Cookies, chocolate chip, prepared from recipe, made with butter	28.35	1.0 oz	0.064
18211	Puff pastry, frozen, ready-to-bake, baked	28.35	1.0 oz	0.064
06558	Soup, tomato bisque, canned, prepared with equal volume water	247.0	1.0 cup (8 fl oz)	0.064
18016	Biscuits, plain or buttermilk, prepared from recipe	28.35	1.0 oz	0.064
18032	Bread, irish soda, prepared from recipe	28.35	1.0 oz	0.064
18106	Coffeecake, fruit	28.35	1.0 oz	0.064
18218	Crackers, matzo, egg	14.2	0.5 oz	0.064
19040	Snacks, popcorn, cheese-flavor	11.0	1.0 cup	0.064
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	65.0	10.0 strips	0.064
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	9.7	1.0 tbsp	0.064
11660	Tomatoes, red, ripe, cooked, stewed	101.0	1.0 cup	0.064
18421	Cookies, butter, commercially prepared, unenriched	28.35	1.0 oz	0.064
18155	Cookies, butter, commercially prepared, enriched	28.35	1.0 oz	0.064
18337	Puff pastry, frozen, ready-to-bake	28.35	1.0 oz	0.064
09237	Peaches, canned, water pack, solids and liquids	244.0	1.0 cup, halves or slices	0.063
18222	Crackers, melba toast, wheat	14.2	0.5 oz	0.063
18325	Pie, pecan, prepared from recipe	28.35	1.0 oz	0.063
18290	Pancakes, plain, dry mix, complete, prepared	28.35	1.0 oz	0.063
18275	Muffins, blueberry, dry mix	43.0	1.0 serving	0.063

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11886	Tomato juice, canned, without salt added	243.0	1.0 cup	0.063
21388	Fast foods, miniature cinnamon rolls	25.0	1.0 each	0.062
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	125.0	1.0 cup	0.062
14054	Beverages, almond milk, chocolate, ready-to-drink	240.0	8.0 fl oz	0.062
19422	Snacks, potato chips, reduced fat	28.35	1.0 oz	0.062
21422	KFC, Popcorn Chicken	6.4	1.0 piece	0.062
11467	Squash, summer, crookneck and straightneck, raw	127.0	1.0 cup sliced	0.062
18256	Doughnuts, yeast-leavened, with jelly filling	28.35	1.0 oz	0.062
18151	Cookies, brownies, commercially prepared	28.35	1.0 oz	0.062
06410	Soup, cream of celery, canned, prepared with equal volume water	248.0	1.0 cup	0.062
09278	Plantains, cooked	200.0	1.0 cup, mashed	0.062
18112	Cake, pudding-type, german chocolate, dry mix	43.0	1.0 serving	0.062
03282	Babyfood, vegetables, mix vegetables junior	99.0	1.0 serving 3.5 oz serving	0.061
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	34.0	1.0 serving 3 cookies	0.061
11527	Tomatoes, green, raw	180.0	1.0 cup	0.061
11503	Swamp cabbage, (skunk cabbage), raw	56.0	1.0 cup, chopped	0.061
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	50.0	10.0 strips	0.061
01146	Cheese, parmesan, shredded	5.0	1.0 tbsp	0.061
11150	Chayote, fruit, cooked, boiled, drained, without salt	160.0	1.0 cup (1" pieces)	0.061
11766	Chayote, fruit, cooked, boiled, drained, with salt	160.0	1.0 cup (1" pieces)	0.061
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	28.35	1.0 oz	0.061
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	28.35	1.0 oz	0.061
19811	Snacks, potato chips, plain, unsalted	28.35	1.0 oz	0.061
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	242.0	1.0 cup, whole	0.061
09220	Tangerines, (mandarin oranges), canned, light syrup pack	252.0	1.0 cup	0.060
09091	Figs, canned, light syrup pack, solids and liquids	252.0	1.0 cup	0.060
06010	Soup, cream of celery, canned, condensed	126.0	0.5 cup	0.060
12096	Nuts, chestnuts, chinese, roasted	28.35	1.0 oz	0.060
18221	Crackers, melba toast, rye (includes pumpernickel)	14.2	0.5 oz	0.060
03994	Babyfood, fruit, banana and strawberry, junior	140.0	1.0 bottle	0.060
11116	Cabbage, chinese (pak-choi), raw	70.0	1.0 cup, shredded	0.060
11761	Cauliflower, cooked, boiled, drained, with salt	62.0	0.5 cup (1" pieces)	0.060
11136	Cauliflower, cooked, boiled, drained, without salt	62.0	0.5 cup (1" pieces)	0.060
09093	Figs, canned, extra heavy syrup pack, solids and liquids	261.0	1.0 cup	0.060
21416	POPEYES, Coleslaw	120.0	1.0 package	0.060
19411	Snacks, potato chips, plain, salted	28.0	1.0 oz	0.060

18274         Multine, Nationers Alley repaired (cloades mini-multine)         28.75         Cloades, heart, all clauses, ren         (.0.0)           19410         Oliciden, heart, all clauses, ren         28.01         (.0.0) <th>NDB_No</th> <th>Description</th> <th>Weight(g)</th> <th>Measure</th> <th>Alanine(g) Per Measure</th>	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
9410         Neak, posto chips, made from dried postores, plann         280         1.0 m.         0.0180           9002         Figs, cannot, beray syrup pack, volids and liquids         2590         1.0 cm.         0.060           8332         Perunt, standard-type, dry vity         28.35         1.0 cm.         0.060           0090         Figs, cannot, saver, socials and liquids         28.0         1.0 cm.         0.060           11407         Potatoes, frown, french fired, contage-cut, stalt not added in processing, frozen, oven-beated         500         1.00 ctrips         0.059           11478         Squash, summer, zucchini, includes skin, cooked, bolled, drained, without salt         1800         1.0 cup, slaced         0.059           2879         Pecker, cannot, carnot, lix bridges skin, cooked, bolled, drained, without salt         1800         1.0 cup, slaced         0.059           2879         Pocker, cannot, carnot, from bring, treated still squish         28.15         1.0 cup, slaced         0.059           2879         Pocker, cannot, carnot, victor, without present         28.15         1.0 cup, slaced         0.059           2880         Cockies, animal crackers (includes autovarou, tea biscuits)         28.15         1.0 cup, slaced         0.059           18386         Maffia, bibeteery, coasted         28.15         1.0 cup <td>18274</td> <td>Muffins, blueberry, commercially prepared (Includes mini-muffins)</td> <td>28.35</td> <td>1.0 oz</td> <td>0.060</td>	18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	28.35	1.0 oz	0.060
9992         Figs, canned, heavy syrup pack, solids and liquids         2500         1.0 cm         0.086           18332         Per crust, standard-type, dry mix         28.55         1.0 cm         0.006           9090         Figs, canned, ware pack, solids and liquids         24.60         1.0 cm         0.008           11407         Patanos, fruch field, cottage-ox, salt not abbel in processing, frozen, oven-beated         500         1.0 cm         0.009           11840         Postors, fruch field, cottage-ox, salt not abbel in processing, frozen, oven-beated         500         1.0 cm         0.009           11840         Postors, fruch field, cottage-ox, salt not abbel in oven, with salt         1800         1.0 cm, salt         0.009           9229         Peaches, canned, extra light syrup, solids and liquids         24.70         1.0 cup, halves or slace         0.059           23399         Cookies, animal crackets (includes surrowork ten bitsuits)         28.35         1.0 cup, halves or slace         0.059           18209         Cookies, animal crackets (includes surrowork ten bitsuits)         28.35         1.0 cup         0.009           18209         Cookies, animal crackets (includes surrowork ten bitsuits)         28.35         1.0 cup         0.059           18209         Miffire, bladering, canter surroward counter counter counter counter counter c	05025	Chicken, heart, all classes, raw	6.1	1.0 heart	0.060
18332         Pie crust, stundard-type, dry mix         28.35         1.0 cm         0.006           60909         Figs, Canneld, water pack, solids and liquides         28.60         1.0 cmp         0.006           11470         Potatos, franch fried, cottage-cut, silt not added in processing, frozen, oven-beated         50.0         10.0 cmp         0.089           11480         Putatos, franch fried, par fried, cottage-cut, prepared, bested in oven, with salt         1810         1.0 cmp, sleed         0.098           12478         Squard, summer, racchini, includes skin, cooked, briedel, driened, without salt         1810         1.0 cmp, sleed         0.099           28299         Cookies, cammed, earlied, without perants         28.35         1.0 cm, bully seed on 10.0 cm, sleed         0.099           19039         Sancks, popern, cammel-coated, without perants         28.35         1.0 cm         0.099           18308         Cookies, sanger peranter from recipe, made with margarine         28.35         1.0 cm         0.099           18309         Tao shells, blacked         1.2 cm         1.0 cm         0.099           18416         Squard, siminer, lument, racchin, includes soney bursa         28.35         1.0 cm         0.099           18425         Tao shells, blacked         1.2 cm         1.0 stall         0.099	19410	Snack, potato chips, made from dried potatoes, plain	28.0	1.0 oz	0.060
69090         Figs. canned. water pack, solids and liquids         248.0         1.0 cup         0.009           11407         Potatous, french fried, cottage-cut, salt not added in processing, frozen, ovent-beared         50.0         10.0 strips         0.099           11478         Potatous, french fried, cottage-cut, propared, hearted in oven, with salt         50.0         10.0 strips         0.009           9229         Peaches, canned, extra light syrup, solids and liquids         247.0         1.0 cup, halves or sitees         0.059           9339         Crokies, animal crackers (includes arroword, tea biscuits)         28.35         1.0 cup, halves or sitees         0.059           18309         Snacks, pepcorn, curranel-conted, without penums         28.35         1.0 cup, halves or sitees         0.059           18308         Muffins, blueberry, tousted-type tousted         28.35         1.0 cup, cub         0.059           18309         Too shells, backed         12.0         1.0 strips         0.059           18300         Too sinchlis, backed         12.0         1.0 strips         0.059           18310         Too sinchlis, backed         12.0         1.0 strips         0.059           18252         Doughmas, yeash-lawered, glazed, emiched (includes honey hums)         8.35         0.0 strips         0.059	09092	Figs, canned, heavy syrup pack, solids and liquids	259.0	1.0 cup	0.060
1407   Potatoes, french fried, cottage-cut, salt not added in processing, frozen, overn-beated   50.0   10.0 strips   0.059   1.140   1.00   1.00 strips   0.059   1.1478   Squash, numer, zarchini, includes skin, cooked, bolied, drained, without salt   180.0   1.0 cup, skiced   0.059   0.059   1.00 cup, skiced   0.059   0.0	18332	Pie crust, standard-type, dry mix	28.35	1.0 oz	0.060
11840         Potatoes, frozen, french fried, par fried, tottage-cut, prepared, heated in oven, with salt         500         10 on 10 o	09090	Figs, canned, water pack, solids and liquids	248.0	1.0 cup	0.060
11478         Squash, summer, zuechini, includes skin, cooked, boiled, drained, without salt         1800         1.0 cup, sliced         0.059           90239         Peaches, camed, extra light syrup, solids and liquids         247.0         1.0 cup, halves or sinces         0.059           18039         Cookies, animal cancers (includes arroword, ran biscuits)         28.35         1.0 cup, cup cookies, animal cancers (includes arroword, ran biscuits)         28.35         1.0 cup         0.059           18208         Cookies, agar, prepared from recipe, made with margarine         28.35         1.0 cup         0.059           18306         Muffins, blueberry, toasted with margarine         28.35         1.0 cup         0.059           18386         Muffins, blueberry, toasted with margarine         28.35         1.0 cup, cubs         0.059           18386         Tace shells, baked         12.9         1.0 shell         0.059           18485         Squash, winter, butternut, raw         140         1.0 cup, cubs         0.059           1852         Death puncakes         22.0         1.0 smll 2-34 in, dia, 5% in, tick.         0.059           1852         Death puncakes         22.0         1.0 smll 2-34 in, dia, 5% in, tick.         0.059           1852         Death puncakes         22.0         1.0 cup, cubs         0.0	11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	50.0	10.0 strips	0.059
69239         Paches, canned, estra light syrup, solids and liquids         2470         1.0 cuph, halves or slices           28390         Cookies, aiminal crackers (includes arrowroot, tea biscuits)         28.35         1.0 cg         0.059           18308         Cookies, sugar, reprared from recipe, made with margarine         28.35         1.0 no         0.005           18306         Mufflins, blueberry, toaster-type, toasted         28.35         1.0 no         0.005           18306         Taco shells, baked         1.29         1.0 shell         0.005           1845         Sugah, winter, butermut, raw         20.0         1.0 small 2-34 in dia, 58 in thick         0.009           1855         Oughtrust, yeast-feavened, glazed, enriched (includes honey buns)         28.35         0.1 no small 2-34 in dia, 58 in thick         0.009           18251         Crackers, standard smack-type, sandwich, with peanut buter filling         28.35         0.1 no small 2-34 in dia, 58 in thick         0.009           18252         Oughtrust, yeast-feavened, glazed, enriched (includes honey buns)         28.35         0.1 no small 2-34 in dia, 58 in thick         0.009           18253         Oughtrust, yeast-feavened, glazed, enriched (includes honey buns)         28.35         0.33 package (10 og         0.058           18254         Okra, frozen, umprepared         95.0	11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	50.0	10.0 strips	0.059
2839         Cookies, animal crackers (includes arrowront, tea biscuits)         28.35         1.0 oz         0.059           1908         Snacks, popeorm, caramel-conted, without peanuts         28.35         1.0 oz         0.059           18208         Cookies, sugar, prepared from recipe, made with nargarine         28.35         1.0 oz         0.059           18386         Muffins, blueberry, toaster-type, toasted         28.25         1.0 sml         0.059           18360         Taco shells, baked         12.9         1.0 smll 2-34 in.dis., 58 in.til.         0.059           11845         Squash, winter, butternut, raw         140         1.0 smll 2-34 in.dis., 58 in.til.         0.059           11672         Pota to parcakes         22.0         1.0 smll 2-34 in.dis., 58 in.til.         0.059           18251         Crackers, standard snack-type, sandwich, with peanut butter filling         42.2         0.0 smll 2-34 in.dis., 58 in.til.         0.059           18201         Crackers, standard snack-type, sandwich, with peanut butter filling         42.2         0.0 smll 2-35 in.dis.         0.059           18201         Crackers, standard snack-type, sandwich, with peanut butter filling         43.2         0.33 package (10 oz)         0.058           18202         Squash, summer, zucchini, includes skin, frozen, unprepared         28.3         0.	11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	180.0	1.0 cup, sliced	0.059
19039         Snacks, popcom, caramel-coated, without peanuts         28.35         1.0 oz         0.059           18208         Cookies, sugar, prepared from recipe, made with margarine         28.35         1.0 oz         0.059           18386         Muffins, blueberry, toster-type, tosated         28.35         1.0 oz         0.059           18380         Taco shells, baked         12.9         1.0 shell         0.059           11485         Squash, winter, butternut, raw         1400         1.0 small 2-34 in. dia, 58 in. thick.         0.059           11672         Potato pancakes         22.0         1.0 small 2-34 in. dia, 58 in. thick.         0.059           18251         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.059         0.059           11280         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.05         0.058           11280         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.05         0.058           11280         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.05         0.058           11280         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.03         0.05           1129	09239	Peaches, canned, extra light syrup, solids and liquids	247.0	1.0 cup, halves or slices	0.059
18208         Cookies, sugar, prepared from recipe, made with margarine         28.35         1.0 oz         0.059           18386         Muffins, blueberry, toaster-type, toasted         28.35         1.0 oz         0.059           18360         Taco shells, baked         1.29         1.0 oz         0.059           18485         Squash, winter, butternut, raw         1400         1.0 small 2-34 in. dia, 5.8 in. thic.         0.059           18251         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         1.0 small 2-34 in. dia, 5.8 in. thic.         0.059           18252         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         1.0 small 2-34 in. dia, 5.8 in. thic.         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.50 oz         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.50 oz         0.059           18240         Okra, frozen, unprepared         95.0         0.33 package (10 oz         0.058           18149         Squash, summer, zuechini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz         0.058           18041         Cake, yellow, enriched, dry mix         4.0         1.0 serving	28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	28.35	1.0 oz	0.059
18386         Muffins, blueberry, toasted (10.0 mg)         28.35         1.0 oz (10.0 mg)           18360         Taco shells, baked         12.9         1.0 shell         0.059           11485         Squash, winter, butternut, raw         1400         1.0 small 2.34 in dia., 10 cup, cubes         0.059           11672         Potato pancakes         2.0         1.0 small 2.34 in dia., 58 in, thick.         0.059           18255         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         0.05         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.5 oz         0.059           9160         Lime juice, raw         242.0         0.03 package (10 oz)         0.058           11280         Okra, frozen, umprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, umprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         0.0 oz         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 oz         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz	19039	Snacks, popcorn, caramel-coated, without peanuts	28.35	1.0 oz	0.059
18360         Taco shells, baked         12.9         Llo shell         0.059           11485         Squash, winter, butternut, raw         1400         1.0 cup, cubes         0.058           11672         Potato pancakes         22.0         1.0 small 2-34 in. dia., 58 in. thick.         0.059           18255         Doughnuts, yeas-leavened, glazed, enriched (includes honey buns)         28.55         1.0 cm         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.5 cm         0.059           9160         Lime juice, raw         242.0         1.0 cup         0.058           11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           18018         Cake, yellow, enriched, dry mix         43.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 container         0.058           18108         Bread, boston brown, canned         28.35         1.0 oz         0.058<	18208	Cookies, sugar, prepared from recipe, made with margarine	28.35	1.0 oz	0.059
11485         Squash, winter, butternut, raw         1400         1.0 cup, cubes         0.059           11672         Potato pancakes         22.0         1.0 small 2-34 in. dia., 58 in. thick.         0.059           18255         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         1.0 cg         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.50 cg         0.059           19160         Lime juice, raw         242.0         0.33 package (10 oz)         0.058           11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           18140         Cake, yellow, enriched, dry mix         43.0         1.0 centainer         0.058           18141         Cake, yellow, enriched, dry mix         43.0         1.0 centainer         0.058           18201         Babyfood, mashed cheddar potatoes and broccoli, toddlers         28.35         1.0 oz         0.058           18202         Babyfood, enracked, cimman with crumb topping,	18386	Muffins, blueberry, toaster-type, toasted	28.35	1.0 oz	0.059
11672         Potato pancakes         22.0         1.0 small 2-34 in. dia., 5/8 in. thick.         0.059           18255         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         1.0 oz         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.5 oz         0.059           99160         Lime juice, raw         24.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         0.033 package (10 oz)         0.058           18018         Babyfood, mashed cheddar potatoes and broccoli, toddlers         1700         1.0 centainer         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brom, canned         28.35         1.0 oz         0.058           18021         Bread, boston brom, canned         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18202         Nuts, chestmuts, japanese, ra	18360	Taco shells, baked	12.9	1.0 shell	0.059
18255         Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)         28.35         1.0 oz         0.059           18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.5 oz         0.059           09160         Lime juice, raw         242.0         1.0 cup         0.058           11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           18018         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 cariant         0.058           18021         Bread, boston brown, canned         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18202         Nuts, chestmuts, japanese, raw	11485	Squash, winter, butternut, raw	140.0	1.0 cup, cubes	0.059
18231         Crackers, standard snack-type, sandwich, with peanut butter filling         14.2         0.50 cz         0.059           09160         Lime juice, raw         242.0         1.0 cup         0.058           11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 centainer         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           18020         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18202         Nuts, chestnuts, japanese, raw         28.35         1.0 oz         0.058           0588         Chicken, broilers or fryers, neck, meat only, raw         6.0 <td>11672</td> <td>Potato pancakes</td> <td>22.0</td> <td>1.0 small 2-3/4 in. dia., 5/8 in. thick.</td> <td>0.059</td>	11672	Potato pancakes	22.0	1.0 small 2-3/4 in. dia., 5/8 in. thick.	0.059
09160         Lime juice, raw         242.0         1.0 cup         0.058           11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           18080         Coffeecake, cinamon brown, canned milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18108         Coffeecake, cinamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           05088         Chieken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried	18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	28.35	1.0 oz	0.059
11280         Okra, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           18202         Nuts, chestnuts, japanese, raw         28.35         1.0 oz         0.058           05088         Chicken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 oz         0.057           21420         KFC, Col	18231	Crackers, standard snack-type, sandwich, with peanut butter filling	14.2	0.5 oz	0.059
11479         Squash, summer, zucchini, includes skin, frozen, unprepared         95.0         0.33 package (10 oz)         0.058           18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           12202         Nuts, chestnuts, japanese, raw         28.35         1.0 oz         0.058           05088         Chicken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 oz         0.057           21420         KFC, Coleslaw         112.0         1.0 package         0.057           11300         Peas, edible-podded, raw <td>09160</td> <td>Lime juice, raw</td> <td>242.0</td> <td>1.0 cup</td> <td>0.058</td>	09160	Lime juice, raw	242.0	1.0 cup	0.058
18017         Biscuits, mixed grain, refrigerated dough         28.35         1.0 oz         0.058           03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           12202         Nuts, chestnuts, japanese, raw         28.35         1.0 oz         0.058           05088         Chicken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 oz         0.057           21420         KFC, Coleslaw         112.0         1.0 package         0.057           11300         Peas, edible-podded, raw         98.0         1.0 cup, chopped         0.057           12093         Nuts, chestnuts, chinese, raw         28.35	11280	Okra, frozen, unprepared	95.0	0.33 package (10 oz)	0.058
03959         Babyfood, mashed cheddar potatoes and broccoli, toddlers         170.0         1.0 container         0.058           18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           12202         Nuts, chestnuts, japanese, raw         28.35         1.0 oz         0.058           05088         Chicken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 oz         0.057           21420         KFC, Coleslaw         112.0         1.0 package         0.057           11300         Peas, edible-podded, raw         98.0         1.0 cup, chopped         0.057           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         0.057           11568         Turnip greens, raw         55.0         1.0 cup, chopped <td>11479</td> <td>Squash, summer, zucchini, includes skin, frozen, unprepared</td> <td>95.0</td> <td>0.33 package (10 oz)</td> <td>0.058</td>	11479	Squash, summer, zucchini, includes skin, frozen, unprepared	95.0	0.33 package (10 oz)	0.058
18144         Cake, yellow, enriched, dry mix         43.0         1.0 serving         0.058           18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           12202         Nuts, chestnuts, japanese, raw         28.35         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           21420         KFC, Coleslaw         112.0         1.0 package         0.057           21420         KFC, Coleslaw         112.0         1.0 cup, chopped         0.057           21420         KFC, Coleslaw         98.0         1.0 cup, chopped         0.057           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         0.057           11568         Turnip greens, raw         55.0         1.0 cup, chopped         0.057	18017	Biscuits, mixed grain, refrigerated dough	28.35	1.0 oz	0.058
18021         Bread, boston brown, canned         28.35         1.0 oz         0.058           03689         Babyfood, cereal, oatmeal, prepared with whole milk         28.35         1.0 oz         0.058           18108         Coffeecake, cinnamon with crumb topping, dry mix, prepared         28.35         1.0 oz         0.058           1202         Nuts, chestnuts, japanese, raw         28.35         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           15088         Chicken, broilers or fryers, neck, meat only, raw         6.0         1.0 unit (yield from 1 lb ready-to-cook chicken)         0.057           19045         Snacks, potato chips, made from dried potatoes, reduced fat         28.35         1.0 oz         0.057           21420         KFC, Coleslaw         112.0         1.0 package         0.057           11300         Peas, edible-podded, raw         98.0         1.0 cup, chopped         0.057           12093         Nuts, chestnuts, chinese, raw         28.35         1.0 oz         0.057           11568         Turnip greens, raw         55.0         1.0 cup, chopped         0.057	03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	170.0	1.0 container	0.058
03689       Babyfood, cereal, oatmeal, prepared with whole milk       28.35       1.0 oz       0.058         18108       Coffeecake, cinnamon with crumb topping, dry mix, prepared       28.35       1.0 oz       0.058         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       0.058         05088       Chicken, broilers or fryers, neck, meat only, raw       6.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.057         19045       Snacks, potato chips, made from dried potatoes, reduced fat       28.35       1.0 oz       0.057         21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	18144	Cake, yellow, enriched, dry mix	43.0	1.0 serving	0.058
18108       Coffeecake, cinnamon with crumb topping, dry mix, prepared       28.35       1.0 oz       0.058         12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       0.058         05088       Chicken, broilers or fryers, neck, meat only, raw       6.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.057         19045       Snacks, potato chips, made from dried potatoes, reduced fat       28.35       1.0 oz       0.057         21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	18021	Bread, boston brown, canned	28.35	1.0 oz	0.058
12202       Nuts, chestnuts, japanese, raw       28.35       1.0 oz       0.058         05088       Chicken, broilers or fryers, neck, meat only, raw       6.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.057         19045       Snacks, potato chips, made from dried potatoes, reduced fat       28.35       1.0 oz       0.057         21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	03689	Babyfood, cereal, oatmeal, prepared with whole milk	28.35	1.0 oz	0.058
05088       Chicken, broilers or fryers, neck, meat only, raw       6.0       1.0 unit (yield from 1 lb ready-to-cook chicken)       0.057         19045       Snacks, potato chips, made from dried potatoes, reduced fat       28.35       1.0 oz       0.057         21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	28.35	1.0 oz	0.058
19045       Snacks, potato chips, made from dried potatoes, reduced fat       28.35       1.0 oz       0.057         21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	12202	Nuts, chestnuts, japanese, raw	28.35	1.0 oz	0.058
21420       KFC, Coleslaw       112.0       1.0 package       0.057         11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 cz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	05088	Chicken, broilers or fryers, neck, meat only, raw	6.0	1.0 unit (yield from 1 lb ready-to-cook chicken)	0.057
11300       Peas, edible-podded, raw       98.0       1.0 cup, chopped       0.057         12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	19045	Snacks, potato chips, made from dried potatoes, reduced fat	28.35	1.0 oz	0.057
12093       Nuts, chestnuts, chinese, raw       28.35       1.0 oz       0.057         11568       Turnip greens, raw       55.0       1.0 cup, chopped       0.057	21420	KFC, Coleslaw	112.0	1.0 package	0.057
11568 Turnip greens, raw 55.0 1.0 cup, chopped 0.057	11300	Peas, edible-podded, raw	98.0	1.0 cup, chopped	0.057
	12093	Nuts, chestnuts, chinese, raw	28.35	1.0 oz	0.057
Pie, coconut custard, commercially prepared 28.35 1.0 oz 0.056	11568	Turnip greens, raw	55.0	1.0 cup, chopped	0.057
	18316	Pie, coconut custard, commercially prepared	28.35	1.0 oz	0.056

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11804	Okra, frozen, cooked, boiled, drained, with salt	92.0	0.5 cup slices	0.056
18424	Crackers, melba toast, plain, without salt	14.2	0.5 oz	0.056
18220	Crackers, melba toast, plain	14.2	0.5 oz	0.056
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	130.0	1.0 cup slices	0.056
18009	Biscuits, plain or buttermilk, frozen, baked	28.35	1.0 oz	0.056
18126	Cake, shortcake, biscuit-type, prepared from recipe	28.35	1.0 oz	0.056
18277	Muffins, blueberry, toaster-type	28.35	1.0 oz	0.056
18186	Cookies, peanut butter, commercially prepared, soft-type	28.35	1.0 oz	0.056
18200	Cookies, oatmeal, commercially prepared, special dietary	28.35	1.0 oz	0.056
18242	Croutons, plain	14.2	0.5 oz	0.056
18324	Pie, pecan, commercially prepared	28.35	1.0 oz	0.055
09112	Grapefruit, raw, pink and red, all areas	230.0	1.0 cup sections, with juice	0.055
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	27.0	0.75 cup (1 NLEA serving)	0.055
09120	Grapefruit, sections, canned, juice pack, solids and liquids	249.0	1.0 cup	0.055
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	65.0	10.0 strips	0.055
36028	DENNY'S, coleslaw	91.0	1.0 serving	0.055
09218	Tangerines, (mandarin oranges), raw	195.0	1.0 cup, sections	0.055
06984	Soup, SWANSON Chicken Broth 99% Fat Free	227.0	1.0 serving 1 cup 8 oz	0.054
09266	Pineapple, raw, all varieties	165.0	1.0 cup, chunks	0.054
11693	Tomatoes, crushed, canned	121.0	0.5 cup	0.054
11803	Okra, cooked, boiled, drained, with salt	80.0	0.5 cup slices	0.054
11279	Okra, cooked, boiled, drained, without salt	80.0	0.5 cup slices	0.054
11281	Okra, frozen, cooked, boiled, drained, without salt	92.0	0.5 cup slices	0.054
18433	Danish pastry, lemon, unenriched	28.35	1.0 oz	0.054
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	28.35	1.0 oz	0.054
18435	Danish pastry, raspberry, unenriched	28.35	1.0 oz	0.054
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	28.35	1.0 oz	0.054
09267	Pineapple, canned, water pack, solids and liquids	246.0	1.0 cup, crushed, sliced, or chunks	0.054
09078	Cranberries, raw	110.0	1.0 cup, chopped	0.054
18251	Doughnuts, cake-type, chocolate, sugared or glazed	28.35	1.0 oz	0.054
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	28.35	1.0 oz	0.054
06453	Soup, cream of potato, canned, prepared with equal volume water	244.0	1.0 cup (8 fl oz)	0.054
11333	Peppers, sweet, green, raw	149.0	1.0 cup, chopped	0.054
18250	Doughnuts, cake-type, plain, sugared or glazed	28.35	1.0 oz	0.054
11734	Beets, cooked, boiled. drained, with salt	85.0	0.5 cup slices	0.054
11081	Beets, cooked, boiled, drained	85.0	0.5 cup slices	0.054

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11084	Beets, canned, drained solids	157.0	1.0 cup, diced	0.053
06053	Soup, cream of potato, canned, condensed	124.0	0.5 cup	0.053
18212	Cookies, vanilla wafers, lower fat	28.35	1.0 oz	0.053
09202	Oranges, raw, navels	165.0	1.0 cup sections, without membranes	0.053
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.053
11759	Carrots, canned, no salt added, drained solids	146.0	1.0 cup, sliced	0.053
11119	Cabbage, chinese (pe-tsai), raw	76.0	1.0 cup, shredded	0.052
09268	Pineapple, canned, juice pack, solids and liquids	249.0	1.0 cup, crushed, sliced, or chunks	0.052
18213	Cookies, vanilla wafers, higher fat	30.0	8.0 wafers	0.052
11695	Tomatoes, orange, raw	158.0	1.0 cup, chopped	0.052
18163	Cookies, chocolate chip, refrigerated dough	33.0	1.0 serving	0.052
18102	Cake, white, prepared from recipe with coconut frosting	28.35	1.0 oz	0.052
11632	Peppers, jalapeno, canned, solids and liquids	136.0	1.0 cup, chopped	0.052
18105	Coffeecake, creme-filled with chocolate frosting	28.35	1.0 oz	0.052
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	31.0	1.0 bar	0.051
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	245.0	1.0 cup	0.051
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	7.9	1.0 cup	0.051
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	28.35	1.0 oz	0.051
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	135.0	1.0 cup, strips	0.051
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.051
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	256.0	1.0 cup	0.051
19081	Candies, sweet chocolate	28.35	1.0 oz	0.051
18092	Cake, pudding-type, carrot, dry mix	28.35	1.0 oz	0.051
18205	Cookies, sugar, refrigerated dough	33.0	1.0 serving	0.051
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	78.0	0.5 cup	0.051
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	78.0	0.5 cup	0.051
18243	Croutons, seasoned	14.2	0.5 oz	0.051
09116	Grapefruit, raw, white, all areas	230.0	1.0 cup sections, with juice	0.051
28294	Cookie, chocolate, with icing or coating	32.0	4.0 cookies	0.051
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	6.0	1.0 medium	0.051
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	28.35	1.0 oz	0.050
09316	Strawberries, raw	152.0	1.0 cup, halves	0.050
18164	Cookies, chocolate chip, refrigerated dough, baked	28.35	1.0 oz	0.050
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	124.0	1.0 leek	0.050
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	124.0	1.0 leek	0.050
11096	Broccoli raab, raw	40.0	1.0 cup chopped	0.050

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18400	Crackers, matzo, egg and onion	14.2	0.5 oz	0.049
11190	Cornsalad, raw	56.0	1.0 cup	0.049
06043	Soup, cream of mushroom, canned, condensed	126.0	0.5 cup	0.049
18457	Crackers, saltines, fat-free, low-sodium	15.0	3.0 saltines	0.049
11114	Cabbage, savoy, raw	70.0	1.0 cup, shredded	0.049
11423	Pumpkin, cooked, boiled, drained, without salt	245.0	1.0 cup, mashed	0.049
11845	Pumpkin, cooked, boiled, drained, with salt	245.0	1.0 cup, mashed	0.049
18148	Cheesecake prepared from mix, no-bake type	28.35	1.0 oz	0.049
09263	Persimmons, japanese, raw	168.0	1.0 fruit (2-1/2" dia)	0.049
19419	Snacks, corn cakes	9.0	1.0 cake	0.049
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.049
19800	Snacks, corn cakes, very low sodium	9.0	1.0 cake	0.049
18216	Crackers, crispbread, rye	14.2	0.5 oz	0.049
18206	Cookies, sugar, refrigerated dough, baked	28.35	1.0 oz	0.048
18327	Pie, pumpkin, prepared from recipe	28.35	1.0 oz	0.048
18209	Cookies, sugar wafers with creme filling, regular	36.0	3.0 cookies	0.048
18019	Bread, banana, prepared from recipe, made with margarine	28.35	1.0 oz	0.048
10004	Pork, fresh, backfat, raw	28.35	1.0 oz	0.048
18172	Cookies, gingersnaps	28.35	1.0 oz	0.048
18328	Pie, vanilla cream, prepared from recipe	28.35	1.0 oz	0.048
09282	Plums, canned, purple, juice pack, solids and liquids	252.0	1.0 cup, pitted	0.048
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	129.0	0.5 cup condensed	0.048
03072	Babyfood, dinner, chicken stew, toddler	16.0	1.0 tbsp	0.048
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	28.35	1.0 oz	0.048
18228	Crackers, saltines (includes oyster, soda, soup)	14.9	5.0 crackers	0.047
18336	Pie crust, standard-type, prepared from recipe, baked	23.0	1.0 piece (1/8 of 9" crust)	0.047
18097	Cake, pudding-type, chocolate, dry mix	28.35	1.0 oz	0.047
18177	Cookies, molasses	28.35	1.0 oz	0.047
21386	BURGER KING, french toast sticks	21.0	1.0 stick	0.047
11352	Potatoes, flesh and skin, raw	75.0	0.5 cup, diced	0.047
19413	Snacks, rice cakes, brown rice, corn	9.0	1.0 cake	0.047
18321	Pie, lemon meringue, prepared from recipe	28.35	1.0 oz	0.047
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	28.35	1.0 oz	0.047
16123	Soy sauce made from soy and wheat (shoyu)	16.0	1.0 tbsp	0.047
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	260.0	1.0 cup, crushed, sliced, or chunks	0.047
11591	Watercress, raw	34.0	1.0 cup, chopped	0.047

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	9.0	1.0 cake	0.047
19052	Snacks, rice cakes, brown rice, buckwheat	9.0	1.0 cake	0.047
28293	Cookie, butter or sugar, with chocolate icing or filling	31.0	3.0 cookies	0.046
09318	Strawberries, frozen, unsweetened	221.0	1.0 cup, thawed	0.046
11828	Potatoes, baked, flesh and skin, with salt	61.0	0.5 cup	0.046
18199	Cookies, chocolate sandwich, with creme filling, special dietary	28.35	1.0 oz	0.046
18193	Cookies, shortbread, commercially prepared, pecan	28.35	1.0 oz	0.046
11335	Peppers, sweet, green, canned, solids and liquids	140.0	1.0 cup, halves	0.046
11482	Squash, winter, acorn, raw	140.0	1.0 cup, cubes	0.046
09279	Plums, raw	165.0	1.0 cup, sliced	0.046
11916	Peppers, sweet, red, canned, solids and liquids	140.0	1.0 cup, halves	0.046
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	14.2	0.5 oz	0.046
09118	Grapefruit, raw, white, Florida	230.0	1.0 cup sections, with juice	0.046
09111	Grapefruit, raw, pink and red and white, all areas	230.0	1.0 cup sections, with juice	0.046
09050	Blueberries, raw	148.0	1.0 cup	0.046
18233	Crackers, wheat, sandwich, with cheese filling	14.2	0.5 oz	0.046
09270	Pineapple, canned, heavy syrup pack, solids and liquids	254.0	1.0 cup, crushed, sliced, or chunks	0.046
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	254.0	1.0 cup	0.046
11564	Turnips, raw	130.0	1.0 cup, cubes	0.046
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	28.35	1.0 oz	0.045
09269	Pineapple, canned, light syrup pack, solids and liquids	252.0	1.0 cup, crushed, sliced, or chunks	0.045
18225	Crackers, rye, sandwich-type with cheese filling	14.2	0.5 oz	0.045
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	35.0	2.0 tbsp	0.045
09211	Orange juice, chilled, includes from concentrate, with added calcium	249.0	1.0 cup	0.045
09209	Orange juice, chilled, includes from concentrate	249.0	1.0 cup	0.045
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	249.0	1.0 cup	0.045
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	249.0	1.0 cup	0.045
18429	Crackers, whole-wheat, low salt	14.2	0.5 oz	0.045
11831	Potatoes, boiled, cooked in skin, flesh, with salt	78.0	0.5 cup	0.044
11365	Potatoes, boiled, cooked in skin, flesh, without salt	78.0	0.5 cup	0.044
11726	Beans, snap, green, canned, no salt added, solids and liquids	120.0	0.5 cup	0.044
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	120.0	0.5 cup	0.044
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	120.0	0.5 cup	0.044
18402	Pie crust, standard-type, prepared from recipe, unbaked	24.0	1.0 piece (1/8 of 9" crust)	0.044
11659	Sweet potato, cooked, candied, home-prepared	105.0	1.0 piece (2-1/2" x 2" dia)	0.044
09272	Pineapple, frozen, chunks, sweetened	245.0	1.0 cup, chunks	0.044

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18152	Cookies, brownies, dry mix, regular	28.35	1.0 oz	0.044
18304	Pie, banana cream, prepared from recipe	28.35	1.0 oz	0.044
09119	Grapefruit, sections, canned, water pack, solids and liquids	244.0	1.0 cup	0.044
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	11.0	1.0 block	0.044
11254	Lotus root, raw	81.0	10.0 slices (2-1/2" dia)	0.044
18191	Cookies, raisin, soft-type	28.35	1.0 oz	0.044
19414	Snacks, rice cakes, brown rice, multigrain	9.0	1.0 cake	0.044
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	9.0	1.0 cake	0.044
11355	Potatoes, red, flesh and skin, raw	75.0	0.5 cup, diced	0.044
09088	Elderberries, raw	145.0	1.0 cup	0.044
18217	Crackers, matzo, plain	14.2	0.5 oz	0.043
03685	Babyfood, cereal, mixed, prepared with whole milk	28.35	1.0 oz	0.043
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	114.0	0.5 cup	0.043
18434	Crackers, cheese, low sodium	14.2	0.5 oz	0.043
18214	Crackers, cheese, regular	14.2	0.5 oz	0.043
09236	Peaches, yellow, raw	154.0	1.0 cup slices	0.043
11963	Nopales, raw	86.0	1.0 cup, sliced	0.043
19816	Snacks, rice cakes, brown rice, plain, unsalted	9.0	1.0 cake	0.043
25059	Snacks, brown rice chips	9.0	1.0 cake	0.043
19051	Snacks, rice cracker brown rice, plain	9.0	1.0 cake	0.043
11112	Cabbage, red, raw	89.0	1.0 cup, chopped	0.043
11439	Sauerkraut, canned, solids and liquids	142.0	1.0 cup	0.043
11457	Spinach, raw	30.0	1.0 cup	0.043
18453	Cake, yellow, light, dry mix	28.35	1.0 oz	0.043
18326	Pie, pumpkin, commercially prepared	28.35	1.0 oz	0.043
18114	Cake, gingerbread, dry mix	28.35	1.0 oz	0.043
18127	Cake, snack cakes, creme-filled, chocolate with frosting	28.35	1.0 oz	0.043
11747	Burdock root, cooked, boiled, drained, with salt	125.0	1.0 cup (1" pieces)	0.042
11105	Burdock root, cooked, boiled, drained, without salt	125.0	1.0 cup (1" pieces)	0.042
08106	Cereals, CREAM OF WHEAT, instant, dry	11.5	1.0 tbsp	0.042
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	28.35	1.0 oz	0.042
11889	Turnips, cooked, boiled, drained, with salt	156.0	1.0 cup, cubes	0.042
11565	Turnips, cooked, boiled, drained, without salt	156.0	1.0 cup, cubes	0.042
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	210.0	1.0 cup	0.042
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	210.0	1.0 cup	0.042
18170	Cookies, fig bars	28.35	1.0 oz	0.042

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
11209	Eggplant, raw	82.0	1.0 cup, cubes	0.042
11337	Peppers, sweet, green, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.042
11917	Peppers, sweet, red, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.042
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	7.9	1.0 cup	0.042
11980	Peppers, chili, green, canned	139.0	1.0 cup	0.042
18107	Coffeecake, cinnamon with crumb topping, dry mix	28.35	1.0 oz	0.042
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	160.0	1.0 cup, chopped	0.042
11783	Eggplant, cooked, boiled, drained, with salt	99.0	1.0 cup (1" cubes)	0.042
11210	Eggplant, cooked, boiled, drained, without salt	99.0	1.0 cup (1" cubes)	0.042
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	14.2	0.5 oz	0.041
11833	Potatoes, boiled, cooked without skin, flesh, with salt	78.0	0.5 cup	0.041
11367	Potatoes, boiled, cooked without skin, flesh, without salt	78.0	0.5 cup	0.041
11206	Cucumber, peeled, raw	133.0	1.0 cup, pared, chopped	0.041
18230	Crackers, standard snack-type, sandwich, with cheese filling	14.2	0.5 oz	0.041
18116	Cake, gingerbread, prepared from recipe	28.35	1.0 oz	0.041
18428	Crackers, wheat, low salt	14.2	0.5 oz	0.041
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	11.0	1.0 tbsp	0.041
18333	Pie crust, standard-type, dry mix, prepared, baked	20.0	1.0 piece (1/8 of 9" crust)	0.041
11126	Carrots, canned, regular pack, solids and liquids	123.0	0.5 cup slices	0.041
18161	Cookies, chocolate chip, dry mix	28.35	1.0 oz	0.041
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	30.0	1.0 piece (1/8 of 9" crust)	0.041
11764	Celery, cooked, boiled, drained, with salt	150.0	1.0 cup, diced	0.040
11144	Celery, cooked, boiled, drained, without salt	150.0	1.0 cup, diced	0.040
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	5.0	0.25 cup	0.040
11529	Tomatoes, red, ripe, raw, year round average	149.0	1.0 cup cherry tomatoes	0.040
19416	Snacks, rice cakes, brown rice, rye	9.0	1.0 cake	0.040
11130	Carrots, frozen, unprepared	64.0	0.5 cup slices	0.040
19053	Snacks, rice cakes, brown rice, sesame seed	9.0	1.0 cake	0.040
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	9.0	1.0 cake	0.040
18085	Bread stuffing, cornbread, dry mix, prepared	28.35	1.0 oz	0.039
09114	Grapefruit, raw, pink and red, Florida	230.0	1.0 cup sections, with juice	0.039
09055	Blueberries, frozen, sweetened	230.0	1.0 cup, thawed	0.039
11003	Amaranth leaves, raw	28.0	1.0 cup	0.039
11696	Tomatoes, yellow, raw	139.0	1.0 cup, chopped	0.039
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	10.6	1.0 tbsp	0.039
12095	Nuts, chestnuts, chinese, boiled and steamed	28.35	1.0 oz	0.039

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
05047	Chicken, broilers or fryers, separable fat, raw	12.8	1.0 tbsp	0.039
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	155.0	1.0 cup	0.039
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	155.0	1.0 cup	0.039
11821	Peppers, sweet, red, raw	149.0	1.0 cup, chopped	0.039
18210	Cookies, vanilla sandwich with creme filling	28.35	1.0 oz	0.038
18171	Cookies, fortune	28.35	1.0 oz	0.038
11354	Potatoes, white, flesh and skin, raw	75.0	0.5 cup, diced	0.038
09143	Guava sauce, cooked	238.0	1.0 cup	0.038
18128	Cake, snack cakes, creme-filled, sponge	28.35	1.0 oz	0.038
18420	Cake, yellow, unenriched, dry mix	28.35	1.0 oz	0.038
11339	Peppers, sweet, green, sauteed	115.0	1.0 cup chopped	0.038
11161	Collards, raw	36.0	1.0 cup, chopped	0.038
01111	Milk shakes, thick vanilla	28.4	1.0 fl oz	0.038
02019	Spices, fenugreek seed	3.7	1.0 tsp	0.038
12101	Nuts, chestnuts, european, boiled and steamed	28.35	1.0 oz	0.038
18312	Pie, chocolate mousse, prepared from mix, no-bake type	28.35	1.0 oz	0.038
11566	Turnips, frozen, unprepared	94.0	0.333 package, mashed (10 oz)	0.038
11258	Mountain yam, hawaii, raw	68.0	0.5 cup, cubes	0.037
11109	Cabbage, raw	89.0	1.0 cup, chopped	0.037
09207	Orange juice, canned, unsweetened	249.0	1.0 cup	0.037
09206	Orange juice, raw	248.0	1.0 cup	0.037
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
11670	Peppers, hot chili, green, raw	45.0	1.0 pepper	0.037
11819	Peppers, hot chili, red, raw	45.0	1.0 pepper	0.037
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	28.35	1.0 oz	0.037
09113	Grapefruit, raw, pink and red, California and Arizona	230.0	1.0 cup sections, with juice	0.037
16132	Tofu, salted and fermented (fuyu)	11.0	1.0 block	0.037
11829	Potatoes, baked, flesh, with salt	61.0	0.5 cup	0.037
11363	Potatoes, baked, flesh, without salt	61.0	0.5 cup	0.037
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	28.35	1.0 oz	0.037
08156	Cereals ready-to-eat, rice, puffed, fortified	14.0	1.0 cup	0.037
43274	Cheese, cream, low fat	15.0	1.0 tbsp	0.036
18119	Cake, pineapple upside-down, prepared from recipe	28.35	1.0 oz	0.036
18174	Cookies, graham crackers, chocolate-coated	27.0	3.0 pieces	0.036
18229	Crackers, standard snack-type, regular	16.0	5.0 crackers	0.036

0106         Mile, goar, Hade, with added vitamian D         30.5         (1.0 cay with part, yields)         0.008           0970         Cherries, sweet, row         18.80         1.0 cup with part, yields         0.036           0977         Peaches, canned, beavy syruy, drained         2220         1.0 cup on 0.008           3530         Peaches, canned, beavy syruy, drained         223.5         1.0 cor on 0.005           3564         Unbroad cerear, prepared with whole milk         28.35         1.0 cor on 0.005           35694         Dahyford, cerearl, rice, prepared with whole milk         28.35         1.0 cor on 0.005           36784         Clark, miletach, crumercial figurepared         27.31         1.0 serving 14 cap² or 0.005           36785         Circay, Hill McChame Syle, survey beat         27.32         1.0 serving 14 cap² or 0.005           36840         Clark, marking the prepared with whole milk         28.25         1.0 cor private         0.005           36841         Abily food, cereal, baley, prepared with whole milk         28.35         1.0 cor private         0.005           36842         Clarkers, milk         28.35         1.0 cor private         0.005           38142         Clackers, milk         28.35         1.0 cor private         0.005           38142         Cla	NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
69/14         Loguats. raw         1490         1.0 cap. cubed         0.036           6970         Peaches, canned, heavy syrp, drained         2221         1.0 cap         0.035           81830         Pic, basam cream, prepared from mix, no-bake type         28.35         1.0 ca         0.035           1894         Ballytood, cernal, rice, prepared with whole milk         28.35         1.0 ca         0.035           1807         Cake, finishacks, commercially prepared         757         1.0 serving 14 cap 2 ca         0.035           1808         Pic, manuel, purple, light syrup pack, with and liquids         252.1         1.11 cap pitted         0.035           1822         Creckers, multigrain         1.40         4.0 carcackers         0.035           1822         Creckers, multigrain         1.42         4.0 carcackers         0.035           1822         Creckers, multigrain         1.42         6.5 ca         0.035           1822         Creckers, multigrain         1.42         6.5 ca         0.035           1822         Creckers, multigrain         1.42         6.5 ca         0.035           1822         Creckers, multigrain         1.42         0.5 ca         0.035           1822         Creckers, multigrain         2.24	01106	Milk, goat, fluid, with added vitamin D	30.5	1.0 fl oz	0.036
99570         Peaches, canned, hany syrup, drained         222.0         1.0 cm         0.036           18303         Fic. bannar cream, prepared vitin mix, no-bake type         28.55         1.0 oz         0.035           96694         Babylod, creat, fice, pepared vitin both milk         28.55         1.0 oz         0.035           18110         Cake, firtificake, commercially prepared         28.55         1.0 oz         0.035           18093         Gravy, Hill/X Home Style, savory beef         57.70         1.0 serving 14 cmp 2 oz         0.035           28232         Crackers, milk man, connect, prupic, light symp pack, solids and liquids         252.0         1.0 cm, print         0.035           38242         Crackers, milk         1.4.0         4.0 cm kers         0.035           38253         Crackers, milk         1.4.2         6.5 oz         0.035           38261         Baby food, cereal, bruthey, prepared with whole milk         28.0         1.0 cup, pined         0.035           38262         Crackers, milk         1.4.2         6.5 oz         0.038           38281         Cracker, peding-type, vellow, dry mix         28.35         1.0 oz         0.035           38142         Cracker, puding-type, vellow, dry mix         28.35         1.0 oz         0.035	09070	Cherries, sweet, raw	138.0	1.0 cup, with pits, yields	0.036
1803   Pie, banana cream, propared from min, m-bake type	09174	Loquats, raw	149.0	1.0 cup, cubed	0.036
03644         Baby food, cereal, rice, prepared with whole milk         28.35         1.0 oz         0.035           18110         Cake, fruiteake, commercially prepared         28.35         1.0 serving 1/4 carp 2 oz         0.035           09283         Plums, canned, purple, light syrup pack, solids and liquids         252.0         1.0 caup, pitted         0.035           28292         Crackers, milligrain         1.10         4.0 crackers         0.035           18213         Crackers, milligrain         1.40         4.0 crackers         0.035           18223         Crackers, milk         1.42         0.5 αz         0.035           18124         Crackers, milk         1.42         0.5 αz         0.035           18126         Cockies, chochlast chip, commerciall prepared special dietary         2.83         1.0 αz         0.035           18182         Cace, pudding-cryps, yellow, dry mix         2.83         1.0 αz         0.035           18182         Cace, pudding-cryps, yellow, dry mix         2.83         1.0 αz         0.035           18182         Cace, pudding-cryps, yellow, dry mix         2.83         1.0 αz         0.035           18182         Cace, pudding-cryps, yellow, dry mix         2.83         1.0 αz         0.035           18182	09370	Peaches, canned, heavy syrup, drained	222.0	1.0 cup	0.036
18110         Cake, fraiteake, commercially prepared         28.35         1.0 oz         0.035           09935         Gray, HEINZ Home Style, swory beef         37.0         1.0 serving 14-cup 2 oz         0.035           0938         Plany, canned, pupple, light syrup pack, solids and liquids         25.20         1.0 cup, pitted         0.035           2822         Crackers, multigrain         14.0         4.0 crackers         0.035           0361         Babysood, cercal, barley, prepared with whole milk         28.35         1.0 oz         0.035           0523         Crackers, mills         28.35         1.0 oz         0.035           0523         Crackers, mills         249.0         1.0 cup, pitted         0.035           0523         Crackers, mills         249.0         1.0 cup, pitted         0.035           0524         Plums, canned, purple, water pack, solids and liquids         228.5         1.0 oz         0.035           18182         Cackers, mills decodate chip, commercially prepared, special dietary         28.3         1.0 oz         0.035           18198         Cookers, checolate chip, commercially prepared, special dietary         28.3         1.0 oz         0.034           1907         Bahyfood, dimore, vegetables and lamb, junior         28.3         1.0 oz	18303	Pie, banana cream, prepared from mix, no-bake type	28.35	1.0 oz	0.035
6988         Gravy, IIEINZ Ilome Style, savory beef         87.0         1.0 serving 1/4 cup 2 oz         0.035           9283         Plunus, camed, purple, light syrup pack, solids and liquids         252.0         1.0 cup, pitted         0.035           28292         Crackers, multigrain         14.0         4.0 crackers         0.035           18223         Crackers, and Lover, butter, prepared with whole milk         28.35         1.0 cz         0.035           18223         Crackers, milk         14.2         0.5 cz         0.035           1823         Crackers, milk         24.9         1.0 cup, pitted         0.035           18142         Coake, pudding-type, yellow, dry mix         28.35         1.0 cz         0.035           18184         Coake, pudding-type, yellow, dry mix         28.35         1.0 cz         0.035           1806         Osokies, chocolate chip, commercially prepared, special dictary         28.35         1.0 cz         0.035           18108         Cookies, chocolate chip, commercially prepared, special dictary         28.35         1.0 cz         0.034           2806         Snack, Pratzyk, hard chocolate conted         28.0         1.0 serving         0.034           1812         Crackers, standard chocolate conted         28.0         1.0 cup, chopped	03694	Babyfood, cereal, rice, prepared with whole milk	28.35	1.0 oz	0.035
09283         Plunts, camed, purple, light syrup pack, solids and liquids         252.0         1.0 cup, pitted         0.035           28292         Crackers, multigrain         41.4         4.0 crackers         0.035           19223         Crackers, multigrain         28.35         1.0 cz         0.035           18225         Crackers, milk         41.2         0.5 cz         0.035           18221         Crackers, milk         24.0         1.0 cup, pitted         0.035           18222         Crackers, buding-type, water pack, solids and liquids         24.0         1.0 cup, pitted         0.035           18142         Cake, pudding-type, yellow, dry mix         28.35         1.0 cz         0.035           18198         Cookies, chocolate chip, commercially prepared, special dictary         28.35         1.0 cz         0.035           25060         Snack, Pretzel, hard chocolate chip, commercially prepared, special dictary         28.35         1.0 cz         0.034           03070         Balyfood, dimer, vegetables and lamb, junior         28.35         1.0 cz         0.034           03071         Balyfood, dimer, vegetables and lamb, junior         28.35         1.0 cz         0.034           08127         Cereals, farina, unenriched, dry         10.9         1.0 tup         0.0	18110	Cake, fruitcake, commercially prepared	28.35	1.0 oz	0.035
28292         Crackers, multigrain         14.0         4.0 crackers         0.085           05681         Babyfrond, cereal, bardey, prepared with whole milk         28.35         1.0 oz         0.035           18223         Crackers, milk         14.2         0.5 oz         0.035           18224         Plauts, canned, purple, water pack, solids and liquids         24.90         1.0 cup, pitted         0.035           18142         Cake, pudding-type, yellow, dry mix         28.35         1.0 oz         0.035           18198         Conkies, chocolate chip, commercially prepared, special dictary         28.35         1.0 oz         0.035           18198         Conkies, chocolate chip, commercially prepared, special dictary         28.35         1.0 oz         0.035           18198         Conkies, chocolate chip, commercially prepared, special dictary         28.35         1.0 oz         0.035           3067         Babyfood, dirace, vegetables and lamb, junior         28.35         1.0 oz         0.034           09285         Plurus, canned, purple, extra heavy syrup pack, solids and liquids         26.10         1.0 cup, chopped         0.034           8172         Cracker, standard snack-type, regular, low sait         18.12         0.5 oz         0.034           18127         Cracker, standard snack-type	06985	Gravy, HEINZ Home Style, savory beef	57.0	1.0 serving 1/4 cup 2 oz	0.035
03681         Babyfood, cereal, barley, prepared with whole milk         28.35         1.0 or         0.035           18223         Crackers, milk         14.2         0.5 or         0.035           09281         Plums, canned, purple, water pack, solids and liquids         24.90         1.10 cup, pitted         0.035           18142         Cake, pudding-type, yellow, dry mix         28.35         1.0 or         0.035           18198         Cookies, chocolate chip, commercially prepared, special dietary         28.35         1.0 or         0.035           25060         Smack, Pretzel, hard chocolate coated         28.0         1.0 serving         0.034           03067         Babyfood, dinner, vegetables and lamb, junior         28.35         1.0 or         0.034           03069         Bhyfood, dinner, vegetables and lamb, junior         28.10         1.0 cup, pitted         0.034           03072         Ctreaks, farina, unenriched, dry         10.9         1.0 cup, pitted         0.034           08172         Ctreaks, farina, unenriched, dry         10.9         1.0 cup, chopped or strip         0.034           1842         Ctreaks, farina, unenriched, dry         1.0 cup, chopped or strip         0.034           18184         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0 <td>09283</td> <td>Plums, canned, purple, light syrup pack, solids and liquids</td> <td>252.0</td> <td>1.0 cup, pitted</td> <td>0.035</td>	09283	Plums, canned, purple, light syrup pack, solids and liquids	252.0	1.0 cup, pitted	0.035
1822   Crackers, milk	28292	Crackers, multigrain	14.0	4.0 crackers	0.035
09281         Plums, canned, purple, water pack, solids and liquids         249.0         1.0 cup, pitted         0.035           18142         Cake, pudding-type, yellow, dry mix         28.35         1.0 cz         0.035           18198         Cookies, chocolate chip, commercially prepared, special dietary         28.05         1.0 cz         0.035           25060         Snack, Pretzel, hard chocolate coated         28.0         1.0 serving         0.034           03067         Babyfood, dimer, vegetables and lamb, junior         28.35         1.0 cz         0.034           08172         Cereals, farinal, unenriched, dry         10.9         1.0 tsup, pitted         0.034           08172         Cereals, farinal, unenriched, dry         10.9         1.0 tsup, chopped or strips         0.034           18427         Crackers, standard snack-type, regular, low salt         11.5         1.0 cup, chopped or strips         0.034           18198         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           18191         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 cu         0.034     <	03681	Babyfood, cereal, barley, prepared with whole milk	28.35	1.0 oz	0.035
18142         Cake, pudding-type, yellow, dry mix         28.35         1.0 oz         0.035           18198         Cookies, chocolate chip, commercially prepared, special dietary         28.35         1.0 oz         0.035           25060         Snack, Pretzel, hard chocolate coated         28.0         1.0 serving         0.034           03067         Babyfood, dimer, vegetables and lamb, junior         28.5         1.0 oz         0.034           08172         Cereals, farrian, unenriched, dry         10.9         1.0 tbsp         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           18428         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           18135         Sapodilla, raw         241.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18134         Pie crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (18 of 9° crust)         0.034           182	18223	Crackers, milk	14.2	0.5 oz	0.035
18198         Cookies, chocolate chip, commercially prepared, special dietary         28.35         1.0 oz         0.035           25060         Snack, Pretzel, hard chocolate coated         28.0         1.0 serving         0.034           03067         Babyfood, dinner, vegetables and lamb, junior         28.35         1.0 oz         0.034           09285         Plums, canned, purple, extra heavy syrup pack, solids and liquids         2610         1.0 cup, pitted         0.034           08172         Cercals, farina, unenriched, dry         10.9         1.0 tbsp         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 cup, chopped or strips         0.034           18249         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18334         Pic crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9°	09281	Plums, canned, purple, water pack, solids and liquids	249.0	1.0 cup, pitted	0.035
25060         Snack, Pretzel, hard chocolate coated         28.0         1.0 serving         0.034           03067         Babyfood, dinner, vegetables and lamb, junior         28.35         1.0 oz         0.034           09285         Pluns, canned, purple, extra heavy syrup pack, solids and liquids         261.0         1.0 cup, pitted         0.034           08172         Cereals, farina, unenriched, dry         10.9         1.0 tup, pitted         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           1919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 cup, chopped or strips         0.034           18149         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18149         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18282         Onions, raw         160         1.0 cup, chopped or strips         0.034	18142	Cake, pudding-type, yellow, dry mix	28.35	1.0 oz	0.035
03067         Babyfood, dinner, vegetables and lamb, junior         28.35         1.0 oz         0.034           09285         Plums, canned, purple, extra heavy syrup pack, solids and liquids         261.0         1.0 cup, pitted         0.034           08172         Cercals, farina, unenriched, dry         10.9         1.0 tbsp         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           1931         Sapodilla, raw         241.0         1.0 cup, chopped or strips         0.034           18435         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18334         Pic crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 picce (1/8 of 9° crust)         0.034           18282         Onions, raw         160.0         1.0 cup, chopped         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.033           1817         Cake	18198	Cookies, chocolate chip, commercially prepared, special dietary	28.35	1.0 oz	0.035
09285         Plums, canned, purple, extra heavy syrup pack, solids and liquids         261.0         1.0 cup, pitted         0.034           08172         Cereals, farina, unenriched, dry         10.9         1.0 tbsp         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           09313         Sapodilla, raw         241.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18349         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18349         Pie crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9" crust)         0.034           18282         Onions, raw         160.0         1.0 cup, chopped         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.033	25060	Snack, Pretzel, hard chocolate coated	28.0	1.0 serving	0.034
08172         Cereals, farina, unenriched, dry         10.9         1.0 tbsp         0.034           18427         Crackers, standard snack-type, regular, low salt         14.2         0.5 oz         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           09313         Sapodilla, raw         241.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18419         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18334         Pic crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9° crust)         0.034           1822         Onions, raw         160.0         1.0 cup, chopped         0.034           1823         Pic crust, standard-type, frozen, ready-to-bake, enriched         258.0         1.0 cup, chopped         0.034           1824         Onions, raw         10.0 cup, chopped         0.034         0.034         0.034           28231	03067	Babyfood, dinner, vegetables and lamb, junior	28.35	1.0 oz	0.034
18427         Crackers, standard snack-type, regular, low salt         14.2         0.50 z         0.034           11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           09313         Sapodilla, raw         241.0         1.0 cup, chopped or strips         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18419         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 oz         0.034           18334         Pie crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9° crust)         0.034           11282         Onions, raw         160.0         1.0 cup, chopped         0.034           28291         Coskies, animal, with frosting or icing         258.0         1.0 cup, pitted         0.034           28291         Coskies, animal, with frosting or icing         28.35         1.0 oz         0.033           1807         Cake, pudding-type, marble, dry mix         28.35         1.0 oz         0.033           18095         Cake, pud	09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	261.0	1.0 cup, pitted	0.034
11918         Peppers, sweet, red, frozen, chopped, boiled, drained, without salt         135.0         1.0 cup, chopped or strips         0.034           11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           09313         Sapodilla, raw         241.0         1.0 cup, pulp         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18419         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 piece (1/8 of 9" crust)         0.034           18334         Pie crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9" crust)         0.034           11282         Onions, raw         160.0         1.0 cup, chopped         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.03           18117         Cake, pudding-type, marble, dry mix         28.35         1.0 oz         0.033           18095         Cake, cherry fudge with chocolate frosting         28.35         1.0 oz         0.033           19132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup, sliced         0.033 <tr< td=""><td>08172</td><td>Cereals, farina, unenriched, dry</td><td>10.9</td><td>1.0 tbsp</td><td>0.034</td></tr<>	08172	Cereals, farina, unenriched, dry	10.9	1.0 tbsp	0.034
11919         Peppers, sweet, red, frozen, chopped, boiled, drained, with salt         135.0         1.0 cup, chopped or strips         0.034           09313         Sapodilla, raw         241.0         1.0 cup, pulp         0.034           18135         Cake, pudding-type, white, enriched, dry mix         28.35         1.0 oz         0.034           18419         Cake, pudding-type, white, unenriched, dry mix         28.35         1.0 piece (1/8 of 9" crust)         0.034           18334         Pie crust, standard-type, frozen, ready-to-bake, enriched         18.0         1.0 piece (1/8 of 9" crust)         0.034           11282         Onions, raw         160.0         1.0 cup, chopped         0.034           09284         Plums, canned, purple, heavy syrup pack, solids and liquids         258.0         1.0 cup, pitted         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.033           18117         Cake, pudding-type, marble, dry mix         28.35         1.0 oz         0.033           18095         Cake, cherry fudge with chocolate frosting         28.35         1.0 oz         0.033           1912         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup, sliced         0.033           11878	18427	Crackers, standard snack-type, regular, low salt	14.2	0.5 oz	0.034
09313       Sapodilla, raw       241.0       1.0 cup, pulp       0.034         18135       Cake, pudding-type, white, enriched, dry mix       28.35       1.0 oz       0.034         18419       Cake, pudding-type, white, unenriched, dry mix       28.35       1.0 oz       0.034         18334       Pie crust, standard-type, frozen, ready-to-bake, enriched       18.0       1.0 piece (1/8 of 9" crust)       0.034         11282       Onions, raw       160.0       1.0 cup, chopped       0.034         09284       Plums, canned, purple, heavy syrup pack, solids and liquids       258.0       1.0 cup, pitted       0.034         28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup, sliced       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18854       Stru	11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	135.0	1.0 cup, chopped or strips	0.034
18135       Cake, pudding-type, white, enriched, dry mix       28.35       1.0 oz       0.034         18419       Cake, pudding-type, white, unenriched, dry mix       28.35       1.0 oz       0.034         18334       Pie crust, standard-type, frozen, ready-to-bake, enriched       18.0       1.0 piece (1/8 of 9" crust)       0.034         11282       Onions, raw       160.0       1.0 cup, chopped       0.034         09284       Plums, canned, purple, heavy syrup pack, solids and liquids       258.0       1.0 cup, pitted       0.034         28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup, sliced       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         1854       Strudel, apple       28.35       1.0 oz       0.033	11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	135.0	1.0 cup, chopped or strips	0.034
18419       Cake, pudding-type, white, unenriched, dry mix       28.35       1.0 oz       0.034         18334       Pie crust, standard-type, frozen, ready-to-bake, enriched       18.0       1.0 piece (1/8 of 9" crust)       0.034         11282       Onions, raw       160.0       1.0 cup, chopped       0.034         09284       Plums, canned, purple, heavy syrup pack, solids and liquids       258.0       1.0 cup, pitted       0.034         28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup, sliced       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	09313	Sapodilla, raw	241.0	1.0 cup, pulp	0.034
18334       Pie crust, standard-type, frozen, ready-to-bake, enriched       18.0       1.0 piece (1/8 of 9" crust)       0.034         11282       Onions, raw       160.0       1.0 cup, chopped       0.034         09284       Plums, canned, purple, heavy syrup pack, solids and liquids       258.0       1.0 cup, pitted       0.034         28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	18135	Cake, pudding-type, white, enriched, dry mix	28.35	1.0 oz	0.034
11282       Onions, raw       160.0       1.0 cup, chopped       0.034         09284       Plums, canned, purple, heavy syrup pack, solids and liquids       258.0       1.0 cup, pitted       0.034         28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	18419	Cake, pudding-type, white, unenriched, dry mix	28.35	1.0 oz	0.034
09284         Plums, canned, purple, heavy syrup pack, solids and liquids         258.0         1.0 cup, pitted         0.034           28291         Cookies, animal, with frosting or icing         31.0         8.0 cookies 1 serving         0.033           18117         Cake, pudding-type, marble, dry mix         28.35         1.0 oz         0.033           18095         Cake, cherry fudge with chocolate frosting         28.35         1.0 oz         0.033           09132         Grapes, red or green (European type, such as Thompson seedless), raw         151.0         1.0 cup         0.033           11519         Taro, cooked, without salt         132.0         1.0 cup, sliced         0.033           11878         Taro, cooked, with salt         132.0         1.0 cup slices         0.033           18354         Strudel, apple         28.35         1.0 oz         0.033	18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	18.0	1.0 piece (1/8 of 9" crust)	0.034
28291       Cookies, animal, with frosting or icing       31.0       8.0 cookies 1 serving       0.033         18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	11282	Onions, raw	160.0	1.0 cup, chopped	0.034
18117       Cake, pudding-type, marble, dry mix       28.35       1.0 oz       0.033         18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	09284	Plums, canned, purple, heavy syrup pack, solids and liquids	258.0	1.0 cup, pitted	0.034
18095       Cake, cherry fudge with chocolate frosting       28.35       1.0 oz       0.033         09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	28291	Cookies, animal, with frosting or icing	31.0	8.0 cookies 1 serving	0.033
09132       Grapes, red or green (European type, such as Thompson seedless), raw       151.0       1.0 cup       0.033         11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	18117	Cake, pudding-type, marble, dry mix	28.35	1.0 oz	0.033
11519       Taro, cooked, without salt       132.0       1.0 cup, sliced       0.033         11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	18095	Cake, cherry fudge with chocolate frosting	28.35	1.0 oz	0.033
11878       Taro, cooked, with salt       132.0       1.0 cup slices       0.033         18354       Strudel, apple       28.35       1.0 oz       0.033	09132	Grapes, red or green (European type, such as Thompson seedless), raw	151.0	1.0 cup	0.033
18354 Strudel, apple 28.35 1.0 oz 0.033	11519	Taro, cooked, without salt	132.0	1.0 cup, sliced	0.033
	11878	Taro, cooked, with salt	132.0	1.0 cup slices	0.033
11422 Pumpkin, raw 116.0 1.0 cup (1" cubes) 0.032	18354	Strudel, apple	28.35	1.0 oz	0.033
	11422	Pumpkin, raw	116.0	1.0 cup (1" cubes)	0.032

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19524	Snacks, taro chips	28.35	1.0 oz	0.032
16137	Hummus, home prepared	15.0	1.0 tablespoon	0.032
11238	Mushrooms, shiitake, raw	19.0	1.0 piece whole	0.032
11110	Cabbage, cooked, boiled, drained, without salt	75.0	0.5 cup, shredded	0.032
11751	Cabbage, common, cooked, boiled, drained, with salt	75.0	0.5 cup, shredded	0.032
12098	Nuts, chestnuts, european, raw, peeled	28.35	1.0 oz	0.031
11431	Radishes, oriental, cooked, boiled, drained, without salt	147.0	1.0 cup, sliced	0.031
11850	Radishes, oriental, cooked, boiled, drained, with salt	147.0	1.0 cup slices	0.031
11086	Beet greens, raw	38.0	1.0 cup	0.031
03283	Babyfood, vegetables, garden vegetable, strained	28.35	1.0 oz	0.030
18253	Doughnuts, french crullers, glazed	28.35	1.0 oz	0.030
01049	Cream, fluid, half and half	30.2	1.0 fl oz	0.030
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	31.1	1.0 fl oz	0.030
11429	Radishes, raw	116.0	1.0 cup slices	0.030
01110	Milk shakes, thick chocolate	28.4	1.0 fl oz	0.030
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	90.0	0.5 cup slices	0.030
11250	Lettuce, butterhead (includes boston and bibb types), raw	55.0	1.0 cup, shredded or chopped	0.030
11104	Burdock root, raw	118.0	1.0 cup (1" pieces)	0.030
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	28.35	1.0 oz	0.029
01073	Dessert topping, semi solid, frozen	75.0	1.0 cup	0.029
09089	Figs, raw	64.0	1.0 large (2-1/2" dia)	0.029
03995	Babyfood, banana with mixed berries, strained	99.0	1.0 packet	0.029
11921	Peppers, sweet, red, sauteed	106.0	1.0 cup chopped	0.029
19080	Candies, semisweet chocolate	14.5	1.0 serving	0.028
09011	Apples, dried, sulfured, uncooked	86.0	1.0 cup	0.028
18082	Bread stuffing, bread, dry mix, prepared	28.35	1.0 oz	0.028
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	7.0	1.0 serving	0.028
09009	Apples, dehydrated (low moisture), sulfured, uncooked	60.0	1.0 cup	0.028
01050	Cream, fluid, light (coffee cream or table cream)	30.0	1.0 fl oz	0.028
09054	Blueberries, frozen, unsweetened	155.0	1.0 cup, unthawed	0.028
18090	Cake, boston cream pie, commercially prepared	28.35	1.0 oz	0.028
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	15.0	1.0 tbsp	0.028
18314	Pie, coconut cream, prepared from mix, no-bake type	28.35	1.0 oz	0.027
09223	Tangerine juice, canned, sweetened	249.0	1.0 cup	0.027
09254	Pears, canned, juice pack, solids and liquids	248.0	1.0 cup, halves	0.027
14428	Beverages, shake, fast food, strawberry	23.5	1.0 fl oz	0.027

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
18196	Cookies, brownies, dry mix, sugar free	28.35	1.0 oz	0.027
09221	Tangerine juice, raw	247.0	1.0 cup	0.027
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	73.0	1.0 pepper	0.027
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	73.0	1.0 pepper	0.027
16004	Yokan, prepared from adzuki beans and sugar	14.0	1.0 slice	0.027
01017	Cheese, cream	14.5	1.0 tbsp	0.027
14347	Shake, fast food, vanilla	20.8	1.0 fl oz	0.026
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	30.0	10.0 strip	0.026
18319	Pie, fried pies, fruit	28.35	1.0 oz	0.026
18444	Pie, fried pies, cherry	28.35	1.0 oz	0.026
18202	Cookies, sugar wafer, with creme filling, sugar free	28.35	1.0 oz	0.026
18445	Pie, fried pies, lemon	28.35	1.0 oz	0.026
11251	Lettuce, cos or romaine, raw	47.0	1.0 cup shredded	0.026
09326	Watermelon, raw	154.0	1.0 cup, balls	0.026
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	29.0	2.0 cookies	0.026
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	28.35	1.0 oz	0.026
36021	APPLEBEE'S, coleslaw	76.0	1.0 serving	0.026
13335	Beef, variety meats and by-products, suet, raw	28.35	1.0 oz	0.026
18306	Pie, blueberry, prepared from recipe	28.35	1.0 oz	0.026
11492	Squash, winter, spaghetti, raw	101.0	1.0 cup, cubes	0.025
03997	Babyfood, Baby MUM MUM Rice Biscuits	8.0	4.0 biscuit	0.025
11294	Onions, sweet, raw	148.0	1.0 NLEA serving	0.025
09255	Pears, canned, extra light syrup pack, solids and liquids	247.0	1.0 cup, halves	0.025
18322	Pie, mince, prepared from recipe	28.35	1.0 oz	0.025
19400	Snacks, banana chips	28.35	1.0 oz	0.025
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	21.0	10.0 strip	0.025
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	25.0	0.25 cup	0.024
18309	Pie, cherry, prepared from recipe	28.35	1.0 oz	0.024
20027	Cornstarch	128.0	1.0 cup	0.024
09191	Nectarines, raw	143.0	1.0 cup slices	0.024
03090	Babyfood, dinner, macaroni and cheese, junior	28.35	1.0 oz	0.024
11603	Yambean (jicama), raw	120.0	1.0 cup slices	0.024
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	40.0	1.0 serving 6 pieces	0.024
09131	Grapes, american type (slip skin), raw	92.0	1.0 cup	0.024
03287	Babyfood, dinner, beef noodle, junior	16.0	1.0 tbsp	0.024
03198	Babyfood, cereal, with egg yolks, junior	28.35	1.0 oz	0.024

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
03197	Babyfood, cereal, with egg yolks, strained	28.35	1.0 oz	0.024
11289	Onions, frozen, whole, unprepared	95.0	0.33 package (10 oz)	0.024
02033	Spices, poppy seed	2.8	1.0 tsp	0.023
02024	Spices, mustard seed, ground	2.0	1.0 tsp	0.023
11143	Celery, raw	101.0	1.0 cup chopped	0.023
09264	Persimmons, japanese, dried	34.0	1.0 fruit without refuse	0.023
11953	Squash, zucchini, baby, raw	16.0	1.0 large	0.023
09415	Pears, raw, green anjou	140.0	1.0 cup, sliced	0.022
11430	Radishes, oriental, raw	116.0	1.0 cup slices	0.022
18302	Pie, apple, prepared from recipe	28.35	1.0 oz	0.022
01072	Dessert topping, pressurized	70.0	1.0 cup	0.022
01074	Sour cream, imitation, cultured	28.35	1.0 oz	0.021
09412	Pears, raw, bartlett	140.0	1.0 cup, sliced	0.021
18313	Pie, coconut creme, commercially prepared	28.35	1.0 oz	0.021
19364	Toppings, butterscotch or caramel	41.0	2.0 tbsp	0.021
11287	Onions, frozen, chopped, unprepared	95.0	0.33 package (10 oz)	0.021
09340	Pears, asian, raw	122.0	1.0 fruit 2-1/4" high x 2-1/2" dia	0.021
12203	Nuts, chestnuts, japanese, boiled and steamed	28.35	1.0 oz	0.021
09015	Apples, frozen, unsweetened, heated	206.0	1.0 cup slices	0.021
19226	Frostings, chocolate, creamy, ready-to-eat	41.0	2.0 tbsp creamy	0.021
03045	Babyfood, dinner, macaroni and tomato and beef, junior	16.0	1.0 tbsp	0.020
18308	Pie, cherry, commercially prepared	28.35	1.0 oz	0.020
11268	Mushrooms, shiitake, dried	3.6	1.0 mushroom	0.020
09012	Apples, dried, sulfured, stewed, without added sugar	255.0	1.0 cup	0.020
19296	Honey	339.0	1.0 cup	0.020
09226	Papayas, raw	145.0	1.0 cup 1" pieces	0.020
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	12.9	1.0 cookie	0.020
11253	Lettuce, green leaf, raw	36.0	1.0 cup shredded	0.020
11255	Lotus root, cooked, boiled, drained, without salt	60.0	0.5 cup	0.020
11796	Lotus root, cooked, boiled, drained, with salt	60.0	0.5 cup	0.020
09013	Apples, dried, sulfured, stewed, with added sugar	280.0	1.0 cup	0.020
09252	Pears, raw	140.0	1.0 cup, slices	0.020
18323	Pie, peach	28.35	1.0 oz	0.020
09010	Apples, dehydrated (low moisture), sulfured, stewed	193.0	1.0 cup	0.019
02005	Spices, caraway seed	2.1	1.0 tsp	0.019
09421	Dates, medjool	24.0	1.0 date, pitted	0.019

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
09257	Pears, canned, heavy syrup pack, solids and liquids	266.0	1.0 cup	0.019
03934	Babyfood, corn and sweet potatoes, strained	28.35	1.0 oz	0.018
09414	Pears, raw, bosc	140.0	1.0 cup, sliced	0.018
11252	Lettuce, iceberg (includes crisphead types), raw	72.0	1.0 cup shredded	0.018
20003	Arrowroot flour	128.0	1.0 cup	0.018
09402	Applesauce, canned, sweetened, with salt	255.0	1.0 cup	0.018
11286	Onions, yellow, sauteed	87.0	1.0 cup chopped	0.017
09014	Apples, frozen, unsweetened, unheated	173.0	1.0 cup slices	0.017
18320	Pie, lemon meringue, commercially prepared	28.35	1.0 oz	0.017
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	246.0	1.0 cup	0.017
11941	Pickles, cucumber, sour	155.0	1.0 cup	0.017
18443	Pie, apple, commercially prepared, unenriched flour	28.35	1.0 oz	0.017
18301	Pie, apple, commercially prepared, enriched flour	28.35	1.0 oz	0.017
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.017
11637	Radishes, white icicle, raw	50.0	0.5 cup slices	0.017
09006	Apples, raw, without skin, cooked, microwave	170.0	1.0 cup slices	0.017
18160	Cookies, chocolate chip, commercially prepared, soft-type	14.2	1.0 cookie	0.017
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.017
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	33.0	2.0 tablespoon	0.017
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	28.35	1.0 oz	0.017
19710	Puddings, vanilla, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.017
19206	Puddings, vanilla, dry mix, regular	88.0	1.0 package (3.12 oz)	0.017
18305	Pie, blueberry, commercially prepared	28.35	1.0 oz	0.016
09258	Pears, canned, extra heavy syrup pack, solids and liquids	266.0	1.0 cup, halves	0.016
02018	Spices, fennel seed	2.0	1.0 tsp, whole	0.016
11946	Pickles, cucumber, sour, low sodium	143.0	1.0 cup, chopped or diced	0.016
11213	Endive, raw	25.0	0.5 cup, chopped	0.016
09077	Crabapples, raw	110.0	1.0 cup slices	0.015
01055	Cream, sour, reduced fat, cultured	15.0	1.0 tbsp	0.015
09413	Pears, raw, red anjou	126.0	1.0 small	0.015
09256	Pears, canned, light syrup pack, solids and liquids	251.0	1.0 cup, halves	0.015
02020	Spices, garlic powder	3.1	1.0 tsp	0.015
03286	Babyfood, vegetables, mix vegetables strained	28.35	1.0 oz	0.015
02028	Spices, paprika	2.3	1.0 tsp	0.015
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	35.0	0.5 cup, shredded	0.015
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	35.0	0.5 cup, shredded	0.015

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	113.0	4.0 oz	0.015
09401	Applesauce, canned, unsweetened, with added ascorbic acid	244.0	1.0 cup	0.015
09253	Pears, canned, water pack, solids and liquids	244.0	1.0 cup, halves	0.015
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	244.0	1.0 cup	0.015
03185	Babyfood, cereal, mixed, dry fortified	2.5	1.0 tbsp	0.015
11285	Onions, canned, solids and liquids	63.0	1.0 onion	0.014
19924	Syrup, NESTLE, chocolate	20.0	1.0 tablespoon	0.014
09008	Apples, canned, sweetened, sliced, drained, heated	204.0	1.0 cup slices	0.014
11257	Lettuce, red leaf, raw	28.0	1.0 cup shredded	0.014
02030	Spices, pepper, black	2.3	1.0 tsp, ground	0.014
01056	Cream, sour, cultured	12.0	1.0 tbsp	0.014
09003	Apples, raw, with skin	125.0	1.0 cup, quartered or chopped	0.014
11669	Seaweed, wakame, raw	10.0	2.0 tbsp (1/8 cup)	0.014
01058	Sour dressing, non-butterfat, cultured, filled cream-type	12.0	1.0 tbsp	0.013
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	28.35	1.0 oz	0.013
25036	Snacks, granola bites, mixed flavors	20.0	1.0 package	0.013
09004	Apples, raw, without skin	110.0	1.0 cup slices	0.013
09500	Apples, raw, red delicious, with skin	109.0	1.0 cup, sliced	0.013
09501	Apples, raw, golden delicious, with skin	109.0	1.0 cup, sliced	0.013
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	28.35	1.0 oz	0.013
11205	Cucumber, with peel, raw	52.0	0.5 cup slices	0.012
03226	Babyfood, dessert, fruit pudding, orange, strained	28.35	1.0 oz	0.012
11284	Onions, dehydrated flakes	5.0	1.0 tbsp	0.012
03212	Babyfood, cereal, rice, with bananas, dry	2.5	1.0 tbsp	0.012
09007	Apples, canned, sweetened, sliced, drained, unheated	204.0	1.0 cup slices	0.012
11445	Seaweed, kelp, raw	10.0	2.0 tbsp (1/8 cup)	0.012
02009	Spices, chili powder	2.7	1.0 tsp	0.012
19220	Desserts, rennin, chocolate, dry mix	9.0	1.0 tbsp	0.012
12116	Nuts, coconut cream, canned, sweetened	19.0	1.0 tbsp	0.011
11677	Shallots, raw	10.0	1.0 tbsp chopped	0.011
01107	Milk, human, mature, fluid	30.8	1.0 fl oz	0.011
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	24.0	1.0 bar	0.011
11752	Cabbage, red, cooked, boiled, drained, with salt	22.0	1.0 leaf	0.011
02015	Spices, curry powder	2.0	1.0 tsp	0.011
11113	Cabbage, red, cooked, boiled, drained, without salt	22.0	1.0 leaf	0.011
03186	Babyfood, cereal, mixed, with bananas, dry	2.5	1.0 tbsp	0.011

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
04028	Salad dressing, mayonnaise, imitation, milk cream	15.0	1.0 tablespoon	0.011
03194	Babyfood, cereal, Rice, dry, fortified	2.5	1.0 tbsp	0.011
09173	Longans, dried	1.7	1.0 fruit	0.010
02043	Spices, turmeric, ground	3.0	1.0 tsp	0.010
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	140.0	1.0 cup	0.010
09265	Persimmons, native, raw	25.0	1.0 fruit without refuse	0.010
19314	Pie fillings, canned, cherry	74.0	0.125 can	0.010
11950	Mushrooms, enoki, raw	5.0	1.0 large	0.010
11125	Carrots, cooked, boiled, drained, without salt	9.7	1.0 tbsp	0.009
11757	Carrots, cooked, boiled, drained, with salt	9.7	1.0 tbsp	0.009
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	16.0	1.0 tbsp	0.009
11981	Peppers, hungarian, raw	27.0	1.0 pepper	0.009
02029	Spices, parsley, dried	0.5	1.0 tsp	0.009
04026	Salad dressing, mayonnaise, soybean and safflower oil, with salt	13.8	1.0 tablespoon	0.008
04025	Salad dressing, mayonnaise, regular	13.8	1.0 tbsp	0.008
02003	Spices, basil, dried	0.7	1.0 tsp, leaves	0.008
11944	Pickle relish, hot dog	15.0	1.0 tbsp	0.008
02046	Mustard, prepared, yellow	5.0	1.0 tsp or 1 packet	0.008
20068	Tapioca, pearl, dry	152.0	1.0 cup	0.008
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	8.0	1.0 serving	0.008
09194	Olives, ripe, canned (jumbo-super colossal)	15.0	1.0 super colossal	0.008
19297	Jams and preserves	20.0	1.0 tbsp	0.007
11947	Pickles, cucumber, dill, reduced sodium	35.0	1.0 spear, small	0.007
11937	Pickles, cucumber, dill or kosher dill	35.0	1.0 spear, small	0.007
11960	Carrots, baby, raw	15.0	1.0 large	0.007
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	15.0	1.0 container, individual	0.007
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	15.0	1.0 tablespoon	0.007
02011	Spices, cloves, ground	2.1	1.0 tsp	0.006
21387	BURGER KING, Hash Brown Rounds	5.6	1.0 piece	0.006
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	33.0	2.0 tablespoon	0.006
14218	Beverages, coffee, instant, decaffeinated, powder	1.8	1.0 tsp rounded	0.006
11949	Catsup, low sodium	17.0	1.0 tbsp	0.006
11935	Catsup	17.0	1.0 tbsp	0.006
19198	Puddings, tapioca, dry mix	92.0	1.0 package (3.5 oz)	0.006
19709	Puddings, tapioca, dry mix, with no added salt	92.0	1.0 package (3.5 oz)	0.006
11943	Pimento, canned	12.0	1.0 tbsp	0.005

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
04018	Salad dressing, mayonnaise type, regular, with salt	14.7	1.0 tbsp	0.005
02066	Spearmint, dried	0.5	1.0 tsp	0.005
09172	Longans, raw	3.2	1.0 fruit without refuse	0.005
02027	Spices, oregano, dried	1.0	1.0 tsp, leaves	0.005
11640	Shallots, freeze-dried	0.9	1.0 tbsp	0.005
02021	Spices, ginger, ground	1.8	1.0 tsp	0.005
01205	Cream substitute, flavored, liquid	15.0	1.0 tbsp	0.005
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	15.0	1.0 container, individual	0.005
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	12.0	1.0 tbsp	0.005
11156	Chives, raw	3.0	1.0 tbsp chopped	0.004
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	11.6	1.0 tbsp	0.004
14222	Beverages, coffee, instant, with chicory	1.8	1.0 tsp, rounded	0.004
02026	Spices, onion powder	2.4	1.0 tsp	0.004
02010	Spices, cinnamon, ground	2.6	1.0 tsp	0.004
15162	Mollusks, clam, mixed species, canned, liquid	85.0	3.0 oz	0.004
04020	Salad dressing, french dressing, reduced fat	16.0	1.0 tablespoon	0.004
04022	Salad dressing, russian dressing, low calorie	16.0	1.0 tablespoon	0.004
01206	Cream substitute, flavored, powdered	12.0	4.0 tsp	0.004
09193	Olives, ripe, canned (small-extra large)	8.4	1.0 tbsp	0.004
14003	Alcoholic beverage, beer, regular, all	29.7	1.0 fl oz	0.004
19332	Puddings, lemon, dry mix, regular	85.0	1.0 package (3 oz)	0.003
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	85.0	1.0 package (3 oz)	0.003
14214	Beverages, coffee, instant, regular, powder	1.0	1.0 tsp	0.003
14187	Beverages, Clam and tomato juice, canned	30.2	1.0 fl oz	0.003
02044	Basil, fresh	2.5	5.0 leaves	0.003
11958	Pickle relish, hamburger	15.0	1.0 tbsp	0.003
04641	Salad dressing, mayonnaise, light	15.0	1.0 tablespoon	0.003
19303	Marmalade, orange	20.0	1.0 tbsp	0.003
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	15.0	1.0 tbsp chopped	0.003
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	15.0	1.0 tbsp chopped	0.003
11145	Celtuce, raw	8.0	1.0 leaf	0.003
14006	Alcoholic beverage, beer, light	29.5	1.0 fl oz	0.003
11931	Peppers, sweet, red, freeze-dried	0.4	1.0 tbsp	0.003
11634	Peppers, sweet, green, freeze-dried	0.4	1.0 tbsp	0.003
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	36.3	1.0 fl oz	0.003
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	14.9	1.0 tbsp	0.003

NDB_No	Description	Weight(g)	Measure	Alanine(g) Per Measure
19706	Puddings, banana, dry mix, regular, with added oil	88.0	1.0 package (3.12 oz)	0.003
19320	Puddings, banana, dry mix, regular	88.0	1.0 package (3.12 oz)	0.003
06169	Sauce, ready-to-serve, pepper, TABASCO	4.7	1.0 tsp	0.002
02045	Dill weed, fresh	1.0	5.0 sprigs	0.002
03221	Babyfood, dessert, dutch apple, junior	28.35	1.0 oz	0.002
11945	Pickle relish, sweet	15.0	1.0 tbsp	0.002
04120	Salad dressing, french dressing, commercial, regular	16.0	1.0 tbsp	0.002
11615	Chives, freeze-dried	0.2	1.0 tbsp	0.002
04021	Salad dressing, italian dressing, commercial, reduced fat	15.0	1.0 tablespoon	0.002
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.2	1.0 tbsp	0.001
01145	Butter, without salt	5.0	1.0 pat (1" sq, 1/3" high)	0.001
01001	Butter, salted	5.0	1.0 pat (1" sq, 1/3" high)	0.001